

Community sports digest .....Page 6



Your health: Ask Dr. Gott .....Page 3

LETTERS
School bus drivers weigh in .....Page 4

INSIDE
World briefly .....Page 2

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The Ukiah DAILY JOURNAL

Mendocino County's local newspaper

Tomorrow: Warm and sunny

TUESDAY
Sept. 25, 2007

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Where the rubber really meets the road



Ben Brown/The Daily Journal

Jordan Main, material resources manager for Granite Construction Company stands atop a pile of concrete craps and asphalt that will be crushed and processed into recycled aggregate.

News ways industry is recycling

By BEN BROWN
The Daily Journal

Asphalt, concrete, scrap metal, motor oil, batteries, anti-freeze, all of these items are recyclable, and for the last several years, Granite Construction has made the most of it's ability to contain and reuse these materials.

"Everything we can do, we do," said Jordan Main, material resources manager.

Both of Granite Construction's two equipment and vehicle maintenance shops recycle their waste products, including aerosol cans, light bulbs, anti-freeze and used motor oil, the motor oil alone amounting to 2,000 gallons annually.

The equipment shops also recycle scrap metal, 20 tons annually from within the shops and an additional 25 tons from job sites.

Granite also operates an "envirobase" plant at it's Ukiah facility, processing concrete, asphalt and masonry into a gravel that can be used for road surfacing and or as a base layer on which the road will be built.

"In the last couple of years, we've seen a huge increase in the amount we take in," Main said.

Main said between 2002 and 2004, granite processed roughly 5,000 tons of aggregate per-year. In 2004, processing quadrupled to almost 20,000 tons per-year.

Main credits the increase to a change in the price of recycling at the Ukiah Valley Transfer Station. Main said the transfer station charges $59 per ton to deal with aggregate.

"We charge less than $10," he said.

Granite stores the "envirobase" at a number of different sites, either using it for it's own jobs or selling it.

Main said Granite is hoping to open up a hot-plant that will allow the company to use old asphalt in the production of new asphalt. Recycled asphalt retains some of the oil used to produce it and the more that is recycled, the less oil is needed.

Granite has also been instrumental in the adoption of the use of rubberized asphalt to build roads. Rubberized asphalt is a road covering made from recycled tires.

Between 1994 and 2005, it was not legal to use rubberized asphalt in Mendocino County because CalTrans had air quality concerns. Granite got a permit for a test project that showed the process had no more affect on air quality than other processes.

Rubberized asphalt uses 2,000 tires for every lane-mile of asphalt. Granite has already completed two projects on Highway 20 with rubberized aggregate.

Main said the decision to work so hard to recycle all their products has and environmental component, but it also makes good business sense.

"Anything we recycle is less that we have to produce," he said.

Ben Brown can be reached at udjbb@pacific.net

Jail death ID'd as Willits man

Family sought

By BEN BROWN
The Daily Journal

The Mendocino County Sheriff's Office has identified the man who died at the jail Thursday night as Larry Dean Temple, 61, of Willits.

Sheriff's Lt. Kurt Smallcomb said the Sheriff's Office is releasing the name because they have been unable to find Temple's next of kin.

Posted online at 7:57 p.m. Monday
ukiahdailyjournal.com

Smallcomb is asking anyone who knows Temple's family to contact the Sheriff's Office at 463-4111.

Temple was found, unconscious and unresponsive, on the floor of the medical isolation observation room by a nurse at around 5 p.m. Thursday.

Temple had been in the jail's medical unit since he was booked into the jail on Sept. 16. Temple had allegedly been involved in a drunken driving accident in the days before and had additional heart problems which was why he was in medical isolation.

Jail staff preformed CPR on Temple and called an ambulance. Additional life-saving measures were attempted at the Ukiah Valley Medical Center but they were not successful .

Temple was pronounced dead at 6:30 p.m. Thursday.

Smallcomb said the death does not appear suspicious but is being investigated as is standard procedure for any death at the jail..

An autopsy was preformed Friday to determine cause of death but the results are being withheld until the sheriff's office receives a toxicology report which is expected to take at least two-weeks.

Ben Brown can be reached at udjbb@pacific.net

Uncommon whale beaches near Trinidad

By JOHN DRISCOLL
The Eureka Times-Standard

HUMBOLDT COUNTY - Marine biologists today were anxiously trying to salvage a rare whale that washed up on Luffenholtz Beach south of Trinidad.

The female pilot whale, more typically seen in warm waters to the south, apparently swam off course and beached herself on Sunday. Biologists from Humboldt State University acted quickly to secure the 15-foot-long dolphin-like whale.

By Monday afternoon, the head had been removed and several HSU students managed to roll the unwieldy, approximately 200-pound body part up the long, steep flight of stairs to Scenic Drive. Others worked to collect samples from the lungs, liver, kidneys, spleen and stomach.

"It's kind of unusual," said HSU marine biologist Dawn Goley, working quickly with a long, curved knife. The pilot whale likely swam north following fingers of warm water, Goley said.

Goley hoped to recover the entire skeleton of the 1- to 1.5-ton whale. HSU's Vertebrate Museum doesn't have a pilot whale skeleton of its own in the collection, and this is the first opportunity that has presented itself to get one, she said. If it can be hauled from the beach, the skeleton will be buried somewhere to allow microorganisms to strip the meat from the bones.

The tissue samples will be sent to laboratories for analyses, including genetic tests and hopefully a determination of the cause of death. So far, biologists have no theory on that. They do have some idea what the whale was eating, and its thick layer of blubber suggests it wasn't hungry.

College of the Redwoods biology students on their way to the beach for a different field trip gaped as HSU students opened up their whale package at the top of the hill. CR biology professor Karen Reiss said that she'd been promising students they would get to see a beached whale if one turned up.

"You've got to take advantage of biology when it happens," Reiss said.

Governor signs bill on Iran investment

By HARRISON SHEPPARD
MediaNews Sacramento Bureau



Capitol report
from the Sacramento Bureau

SACRAMENTO - Gov. Arnold Schwarzenegger said Monday he intends to sign a bill requiring the state's pension funds to divest from companies that do business with the energy and defense sectors of Iran.

Estimates vary on how much money the state funds have invested in companies that do business with Iran, but it could run as high as $24 billion. Divesting that much stock could cost more than $120 million in taxes, commissions and other expenses.

The state's two major pension funds have vigorously opposed the bill, arguing that it runs counter to their constitutionally mandated financial responsibility to state employees and government agencies.

But Schwarzenegger said the state should take a

See BILL, Page 14

Coast skatepark will not be on school district property

By FRANK HARTZELL
Fort Bragg Avocate-News

FORT BRAGG - By a 2-to-1 vote, the Fort Bragg Unified School District Board rejected the idea of a skatepark adjacent to the high school campus, despite the pleas of top city leaders and skaters and their parents.

However, as an alternative, the City Council agreed at a special meeting Sept. 17 to consider locating the skate plaza at Bainbridge Park.

The Fort Bragg school board was encouraged to reject the location in a petition signed by 29 Fort Bragg High staff members and a plea from high school Principal Allan Urbani.

Urbani told the board he had talked to 18 different school districts about issues surrounding skateparks and found a unanimous voice against skateparks located close to schools.

"One of the difficulties is, schools are in the business of education, and recreation districts and cities are in the business of skateboard parks," Urbani said.

He said the assistant principal at Piner High School in Santa Rosa told him that police contacts had quadrupled since a skatepark was located across the street.

Fort Bragg High School Principal Allan Urbani said the assistant principal at Piner High School in Santa Rosa told him that police contacts had quadrupled since a skatepark was located across the street.

He said a school administrator in Southern California told him locating a skatepark across the street was the "worst mistake" the district had ever made. He said that school had to hire a security guard to protect the campus from vandals who hit the skatepark.

"Willits is having extreme enforcement problems," said School Board President Dee Lynn Carpenter. She described users bragging about how they came with bolt cutters when the park was closed.

In favor of a school-based park were three middle school students, who only

See SKATEPARK, Page 14

DAILY DIGEST

Editor: K.C. Meadows, 468-3526 The Ukiah Daily Journal udj@pacific.net

The world briefly

Ahmadinejad questions 9/11, Holocaust

NEW YORK (AP) — Iranian President Mahmoud Ahmadinejad questioned the official version of the Sept. 11 attacks and defended the right to cast doubt on the Holocaust in a tense appearance Monday at Columbia University, whose president accused the hard-line leader of behaving like "a petty and cruel dictator."

Ahmadinejad smiled at first but appeared increasingly agitated, decrying the "insults" and "unfriendly treatment." Columbia President Lee Bollinger and audience members took him to task over Iran's human-rights record and foreign policy, as well as Ahmadinejad's statements denying the Holocaust and calling for the disappearance of Israel.

"Mr. President, you exhibit all the signs of a petty and cruel dictator," Bollinger said, to loud applause.

He said Ahmadinejad's denial of the Holocaust might fool the illiterate and ignorant.

"When you come to a place like this it makes you simply ridiculous," Bollinger said. "The truth is that the Holocaust is the most documented event in human history."

Bush says social security facing a $13.6 T shortfall

WASHINGTON (AP) — The Bush administration said in a new report Monday that Social Security is facing a $13.6 trillion shortfall and that delaying needed reforms is not fair to younger workers.

A report issued by the Treasury Department said that some combination of benefit cuts and tax increases will need to be considered to permanently fix the funding shortfall. But White House officials stressed that President Bush remains opposed to raising taxes.

The Treasury report put the cost of the gap between what Social Security is expected to need to pay out in benefits and what it will raise in payroll taxes in coming years at $13.6 trillion.

It said delaying necessary changes reduces the number of people available to share in the burden of those changes and is unfair to younger workers. "Not taking action is thus unfair to future generations. This is a significant cost of delay," the report said.

In another key finding, the report said: "Social Security can be made permanently solvent only by reducing the present value of scheduled benefits and/or increasing the present value of scheduled tax increases."

Ahmadinejad says Iran will not attack Israel or any other country

NEW YORK (AP) — Iranian President Mahmoud Ahmadinejad said Monday that Iran would not launch an attack on Israel or any other country, and he does not believe the U.S. is preparing for war against Iran. "Iran will not attack any country," Ahmadinejad told The Associated Press, when asked if his country would ever strike first against Israel.

Iran has always maintained a defensive policy, not an offensive one, he said, and has "never sought to expand its territory."

He said he did not believe the U.S. was preparing for war.

"I believe that some of the talk in this regard arises first of all from anger. Secondly, it serves the electoral purposes domestically in this country. Third, it serves as a cover for policy failures over Iraq."

Ahmadinejad dismissed statements by U.S. military officers and intelligence reports that Iran secretly provides weapons to insurgents fighting against U.S. forces in Iraq and Afghanistan, particularly the shaped projectiles that have harmed U.S. troops in roadside attacks.

Bush says Hillary Clinton will defeat Barack Obama

WASHINGTON (AP) — President Bush, breaking his rule not to talk about presidential politics, says he believes Hillary Rodham Clinton will defeat Barack Obama in the Democratic presidential primaries. Bush also predicts that Clinton will be defeated in the general election by the Republican nominee.

"I believe our candidate can beat her but it's going to be a tough race," the president said.

It has been difficult for Bush to remain silent about the 2008 president race, despite his promises not to be the "prognosticator in chief." He has been talking about the race and handicapping candidates during off-the-record chats with visitors to the White House.

He finally went public with his Clinton prediction in an interview for a book by journalist Bill Sammon.

"She's got a great national presence and this is becoming a national primary," Bush told Sammon. "And therefore the person with the national presence, who has got the ability to raise enough money to sustain an effort in a multiplicity of sites, has got a good chance to be nominated."

Officer run over as 2 inmates escape Texas prison

HUNTSVILLE, Texas (AP) — Two inmates working in a prison field overpowered a female guard Monday and killed her when they ran her over in a stolen pickup truck as they fled, prison officials said.

One of the prisoners, John Ray Falk, was recaptured within the hour. The second, Jerry Martin, was found several hours later hiding in a tree after a manhunt that included a police helicopter, Stetson-hatted lawmen on horseback and bloodhounds.

Martin and Falk were working outside the Wynne Unit of the Texas Department of Criminal Justice just north of Huntsville when they overpowered the officer about 10:30 a.m. along Interstate 45, took her weapons and stole a Huntsville city truck that was nearby, corrections department spokesman Jason Clark said.

"They ran over the officer," Clark said. "We can confirm she did die."

The guard, Susan Canfield, 59, had been a corrections officer for seven years, Texas Department of Criminal Justice spokeswoman Michelle Lyons said.

Researchers find that acupuncture works better for back pain

CHICAGO (AP) — Fake acupuncture works nearly as well as the real thing for low back pain, and either kind performs much better than usual care, German researchers have found.

Almost half the patients treated with acupuncture needles felt relief that lasted months. In contrast, only about a quarter of the patients receiving medications and other Western medical treatments felt better.

Even fake acupuncture worked better than conventional care, leading researchers to wonder whether pain relief came from the body's reactions to any thin needle pricks or, possibly, the placebo effect.

"Acupuncture represents a highly promising and effective treatment option for chronic back pain," study co-author Dr. Heinz Endres of Ruhr University Bochum in Bochum, Germany, said in an e-mail. "Patients experienced not only reduced pain intensity, but also reported improvements in the disability that often results from back pain and therefore in their quality of life."

Although the study was not designed to determine how acupuncture works, Endres said, its findings are in line with a theory that pain messages to the brain can be blocked by competing stimuli.

Scientists discover rare albino ratfish during survey

SEATTLE (AP) — There may never be a campaign to save the Puget Sound ratfish; no one really loves the ugly fish with rodent-like front teeth. But when a rare albino ratfish was found during a marine survey this past summer, scientists decided it was time to educate the public about the most abundant fish in local waters.

The cartilaginous cousin of skates and rays is usually brown or black with white spots so it can blend in with the bottom of the sound, where it uses its rat-like teeth to crush clams, crabs and worms scooped up from the sand and mud.

"They're pretty ugly," said Jon Reum, a University of Washington doctoral student who spent his summer working on the marine survey. "They've got this gnarly spine on their backs, they bite, and they're just a pain to work with."

One drizzling and cold day, researchers off Whidbey Island had just pulled up another net loaded with the bottom dwellers and Reum spied the pearly white ratfish. The foot-long female was estimated to be 2 or 3 years old, making her a teenager in the ratfish world.

"This animal would just stand out like a beacon," says UW fisheries professor Ted Pietsch. "I don't know why it wasn't eaten long before."

UAW says national strike is about job security

DETROIT (AP) — In the end, the first nationwide strike against General Motors Corp. in 37 years came because the United Auto Workers want something that GM will find difficult to promise: Job security.

UAW officials said the 73,000 UAW members who work at about 80 U.S. facilities for the nation's largest automaker didn't strike Monday over what many thought would trip up the talks: A plan to shift the retiree health care burden from the company to the union. They said they also didn't strike over wages.

They said union members walked out because they want GM to promise that future cars and trucks such as the replacement for the Chevrolet Cobalt small car or the still-on-the-drawing board Chevrolet Volt plug-in electric car will be built at U.S. plants, preserving union jobs.

The strike puts GM, which is restructuring so it can better compete with Asian automakers, in a bind as some of its new products begin to catch on with consumers. But it also means workers are taking a big risk — giving up pay and slowing down GM in an uncertain economy.

Prosecutor says he'll pursue case at Vick property

RICHMOND, Va. (AP) — The prosecutor in the rural county where Atlanta Falcons quarterback Michael Vick has admitted to bankrolling a dogfighting operation plans to present "a host of bills of indictment" regarding the case to a grand jury on Tuesday.

"Yes, I'm presenting matters to the grand jury that involve dogfighting at 1915 Moonlight Road," Surry County Commonwealth's Attorney Gerald G. Poindexter told The Associated Press in a telephone interview Monday night. Moonlight Road is the address of the two story home on 15 acres that has been host to the operation known as "Bad Newz Kennels" since 2001, and where dogs have been trained, executed and fought.

"Most of the matters that I'm presenting have already been admitted in sworn statements authored by the defendants in the federal proceedings," Poindexter said.

He couldn't detail the exact indictments he will pursue, but said investigation largely focused on different crimes.Efforts to reach Vick's lawyers were not immediately successful Monday night.

FUNERAL NOTICES

JOHN (JACK) DAVID ROACH

Passed away peacefully at the age of 85 in his home in the presence of his wife and daughters on Saturday, September 22, 2007. Jack lived in Potter Valley for 42 years, and most recently in Ukiah for the past 8 years. He served in the US Navy during WWII and worked as a lineman for Pacific Bell retiring at 55 after 38 years of service.

Jack was a kind, gracious, and gentle man. He will be remembered most for his warm smile, his sense of humor, his good nature and his devotion to his family.

He is survived by his loving wife of 63 years, Virginia, and by his daughters Jane Lemke and husband Bernard of Ukiah; Kathy Fletcher and husband Lee of Grants Pass, Oregon; Marilynn Simmons of Sacramento and Jaci Barrett of St. Louis, Mo.

He is also survived by his grandchildren Matt Hewitt and wife Susan of El Dorado Hills; Megan McChesney and husband Greg of Rocklin; Mike Clark of Concord; Stacey Caico and husband Ken of Ukiah; Chad Simmons of Woodland and Cory Simmons of Davis.

He also survived by his great grandchildren Jack, Ava and Julia Hewitt; Alec and Lindsay Clark; Ashlee, Trevor, and Alexis Caico; and Max, Ella and Kate McChesney.

He is also survived by his sister in-laws, nieces, nephews and step-grandchildren.

Services are to be held at Eversole Mortuary at 11:30 am Wednesday, September 26, 2007, with burial following at the Ukiah Cemetery.

Remembrances in Jack's name can be made to Phoenix Hospice, 1 Madrone Street, Willits, CA 95490 in gratitude for their loving care and support.

Arrangements under the direction of the Eversole Mortuary.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARREST -- Matthew Hamburg, 30, of Ukiah, was arrested on suspicion of driving under the influence in the 100 block of West Smith Street at 12:20 a.m. Sunday.

ARREST -- Abdul Elamin, 23, of Clearlake, was arrested on suspicion of driving under the influence at the intersection of Main Street and Standley Street at 2 a.m. Sunday.

ARREST -- Andre Clark, 37, of Fort Bragg, was arrested on suspicion of battery of a peace officer in the 300 block of Mason Street at 2:57 a.m. Sunday.

ARREST -- Michael Mullett, 28, of Talmage, was arrested on suspicion of driving under the influence.

SHERIFF'S REPORTS

The following were compiled from reports prepared by the Mendocino County Sheriff's Office:

BOOKED -- James Elwood Schweig, 61, of Willits, was booked into jail on suspicion of inflicting corporal injury by the Mendocino County Sheriff's Office at 11:13 p.m. Friday.

BOOKED -- Justin Allen Johnson, 22, of Willits, was booked into jail on suspicion of driving under the influence and a probation violation by the California Highway Patrol at 4:14 p.m. Saturday.

BOOKED -- Eligio Contreras Mandujano, 32, of Point Arena, was booked into jail on suspicion of driving under the influence by the Mendocino County Sheriff's Office at 5:30 p.m. Saturday.

BOOKED -- Randy Jay Miller, 30, of Prescott, was booked into jail on suspicion of assault with a deadly weapon and a probation violation by the Willits Police Department at 1:57 a.m. Sunday.

BOOKED -- Vince Allan Ballew, 41, of Boonville, was booked into jail on suspicion of driving under the influence and driving without a license by the California Highway Patrol at 8:17 a.m. Sunday.

BOOKED -- Mark Ray Bevan, 40, of Manchester, was booked into jail on suspicion of driving under the influence and driving with a suspended license by the Mendocino County Sheriff's Office at 9:56 p.m. Sunday.

Those arrested by law enforcement officers are innocent until proven guilty. People reported as having been arrested may contact the Daily Journal once their case has been concluded so the results can be reported. Those who feel the information is in error should contact the appropriate agency. In the case of those arrested on suspicion of driving under the influence of an intoxicant: all DUI cases reported by law enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

FIRE AND RESCUE

UKIAH FIRE DEPARTMENT

MEDICAL AID –

CORRECTIONS

The Ukiah Daily Journal reserves this space to correct errors or make clarifications to news articles. Significant errors in obituary notices or birth announcements will result in reprinting the entire article. Errors may be reported to the editor, 468-3526.

LOTTERY NUMBERS

DAILY 3: Afternoon: 4, 0, 6. Evening: 6, 8, 0.

FANTASY 5: 01, 06, 14, 33, 37.

DAILY DERBY: 1st Place: 02, Lucky Star. 2nd Place: 01, Gold Rush. 3rd Place: 03, Hot Shot. Race time: 1:47.84.

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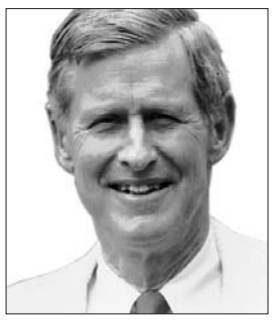
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ASK
DR. GOTT
By Peter H. Gott, MD

Aspirin causes frequent bleeding

DEAR DR. GOTT: I realize as people age their skin and capillaries become fragile. My concern, however, is for my father. He is in his mid-80s and in good general health, but whenever he sustains an abrasion, usually on his forearms, he seems to bleed longer than what I consider normal. I apply a pressure bandage and one hour later can still note fresh blood seeping through before it finally will clot. He is on a low dose of blood pressure medication (his BP isn't that high without it, about 150 to 160 over 80). He also takes an 81 milligrams aspirin every day. I think he should cut back on the aspirin. What do you think? His recent CBC was normal.

DEAR READER: Aspirin therapy slows blood coagulation and is probably the cause of your father's tendency to bleed after slight trauma. He could certainly stop the aspirin if approved by his physician.

To give you related information, I am sending you copies of my Health Reports "Consumer Tips on Medicine" and "Blood -- Donations and Disorders." Other readers who would like a copy should send a long, self-addressed, stamped envelope and $2 FOR EACH report to Newsletter, PO Box 167, Wickliffe, OH 44092. Be sure to mention the title.

DEAR DR. GOTT: My wife insists it is OK to allow our cat to finish the cereal in her bowl every morning. I say it is not sanitary for us humans. Who is right?

DEAR READER: If your wife washes her cereal bowl thoroughly after sharing it, I see no health risks. So, on this issue, I'll have to support your wife's contention.

DEAR DR. GOTT: My partner has a problem with her nose. She has been diagnosed with a hole in her right septum, and she is sniffing constantly. She gets a lot of weird looks from people, and it's hard to listen to all night. Her doctors keep telling her that the hole is too big for a "button" repair and all they give her is a nasal solution and saline sprays that obviously don't work. Can you make any suggestions?

DEAR READER: A defect in the nasal septum can reflect chronic irritation. I suggest that she be examined by an ear-nose-and-throat specialist (or get a second opinion if she is already under the care of one) who can address more successful therapy, including surgical repair, an option that I would endorse as a logical cure. Such an operation is easy, safe and may put an end to her chronic complaints.

To give you related information, I am sending you copies of my Health Reports "Medical Specialists" and "An Informed Approach to Surgery." Other readers who would like a copy should send a long, self-addressed, stamped envelope and $2 for each report to Newsletter, PO Box 167, Wickliffe, OH 44092. Be sure to mention the title(s).

Howard Memorial Hospital Auxiliary makes important donation

The Daily Journal

WILLITS -– Howard Memorial Hospital Auxiliary came up big with yet another donation which will benefit the hospital and community. The Auxiliary donated a State-of-the-Art advanced life support skills manikin which will provide quality education to the hospital's health care professionals.

The manikin is used to train clinicians in everything from starting complicated IV's to handheld arrhythmia and defibrillation. The manikin recreates over 1400+ dysrhythmias and allows for student assessment of heart and breath sounds. It also allows for pupillary assessment of normal, constricted and dilated pupils.

"We're thrilled to make this donation to Howard Memorial Hospital," stated Sherry Terry, Auxiliary president. "This $8,000 donation is one of many we've made during the past few years to assist the hospital in providing quality care to the community. During the years we've donated close to $600,000 in equipment." continued Terry.

"The manikin will be used to give refresher courses to MDs, RNs and Lab Techs for ACLS and CPR classes," commented Kristy Hosford, trainer in the hospital education department.

Accrediting bodies, such as the Joint Commission, require that RN's and other health professionals participate in mock emergency procedures in order to keep skills sharp. The manikin will help make the practice very close to a real life experience.



Standing around the training manikin, from left, are: Bonnie Test, auxiliary member; Saundra Barrera, auxiliary member; Sherry Terry, auxiliary president; and Kristy Hosford, trainer.

"I believe we are the only facility in Mendocino County to have this type of advanced training manikin," stated Hosford. "It's really an incredible tool for keeping our health team certified."

The manikin is programmed through a computer software program to have simulated human reactions. "You even feel a pop upon correct placemat of the IV," said Hosford. The manikin has teeth, tongue, larynx, epiglottis, false cords, vocal cords, lungs and stomach. "It's one fantastic training tool," commented Hosford.

We want to thank Auxiliary for this valuable donation," stated Kevin Erich, President. "This training Manikin will help us to better serve our community."

HEALTH BRIEFS

Community HealthCorps Program seeks applicants for new program cycle

The Community HealthCorps of Northern California is still accepting applications to serve in local community health centers (including health centers in Ukiah, Potter Valley, Gualala, Fort Bragg, Laytonville, Willits and Boonville) in the areas of health education, outreach and patient advocacy. The mission of the HealthCorps Program (a division of the national AmeriCorps Program) is to engage community members in service with the goal of improving access to comprehensive, affordable and culturally appropriate health care.

The program is an opportunity for community members to gain professional skills and to make a positive impact on the health and well-being of their communities. In exchange for 1700 hours of their service to the community, HealthCorps Members receive a modest living allowance of $10,900, an education award of $4,725, health insurance, child care benefits, training in community health issues, and opportunities for professional and personal development. The next program cycle begins in September. For more information about the program, or to download an application, visit http://www.ruralcommunityhealth.org, E-mail Nancy Eachus, Program Coordinator, at neachus@ruralcommunityhealth.org, or call Nancy at 462-1477 ext. 102.

Freedom from Smoking class set to start Oct. 10

The Public Health Branch of the Mendocino County Health and Human Services Agency will facilitate the American Lung Association's six week Freedom from Smoking class, sponsored by the Howard Foundation. the classes will meet once a week, beginning Wednesday, Oct. 10, and running through Nov. 14 from 5:30 p.m. to 7 p.m. The classes will be held in the Howard Memorial Hospital conference room in Willits. For more information, contact Jennifer Barrett at 456-3807.

HEALTH CALENDAR

ALANON: Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

Alateen: Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

Alcoholics Anonymous: Daily; call 462-7123, www.aaukiah.org.

Breastfeeding Support Group: meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health – WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

Celebrate Recovery: Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

Childbirth classes: Learn about nutrition during pregnancy , preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

Community Healing Clinic: 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Cirlce Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.fullcirclewellness.org.

Council on Domestic Violence: First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

La Leche League: Breastfeeding group; meets second Tuesday, various times; Nursery Room at Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

Look Good Fell Better: Classes are from 10 a.m. to noon on the second Monday of each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancert treatment. This is a free class offered by the American Cancer Society at 115 E, Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

Low Vision Support Group: 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resteraunt, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222

NAMI: (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays,6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorers by providing mutal support,education and advocacy.

Multiple Sclerosis Self-help Group: People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

Men's Cancer Support Group: Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Narcotics Anonymous: Meetings throughout county; 485-9110.

New Life Workshop: Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

Overeaters Anonymous: Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

Sweet Success: The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

Tantalizing Tuesdays: Series of health related evening discussions; First and third Tuesdays; Full Cirlce Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

T.O.P.S.: (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

T.O.P.S.: Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

T.O.P.S.: Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

T.O.P.S.: Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

Ukiah Community Center Crisis Line: Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

Ukiah Diabetes Education: The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

Ukiah Valley Blood Center/Blood Centers of the Pacific: Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 pm.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

Weight-loss Surgery Support Group: Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; 1st Friday; 6 to 8 p.m.; Bartlett Hall, Ukiah Senior Center, 499 Leslie Street, Ukiah; 468-8763 or email kathlyn@pacific.net.

Weight Watchers: Redwood Valley Weight Watchers meet at the Redwood Valley Cafe and are hosted by Redwood Valley Fitness on 9620 N. State St. Their leader is Laurel of Ukiah Weight Watchers. For more information, call 485-5696.

Women's Cancer Support Group: A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

If you -– or the organization that you represent –- change a phone number, an address, or any information in this calendar, please call at the Ukiah Daily Journal at 468-3520, or e-mail us at udjfeatures@pacific.net.

Trying times



Striving for Imperfection
By Scott Marcus

I am trying to lose a few pounds (again).

I'd put odds on the fact that I'm not the only person in our sleepy burg with such a stated goal. Others are trying things too: stop smoking, be more active, spend more time with their families. As a whole, we TRY many things. The more important question is, "Are we DOING them?"

I wish I could remember which wise sage pointed out "trying" is "saying 'no' with grace."

A friend lost into your past surprises you by reappearing while you are squeezing cantaloupes at the grocery store. Pre-ordained ceremonial niceties commence, "How are your kids? What's your husband doing these days? Are you still working at the same place?" It's a pleasurable oasis of exchange with someone who used to be close. Yet, after the first few paragraphs, what remains to be said? An awkward silence slithers between you until finally you utter, "Let's get together and catch up. It's been too long."

She replies warmly, "I'll try and call you next week, OK?"

"Sounds great," you say before exchanging air kisses, and continuing on your mission of securing the finest produce. You know she won't call. You know you won't either.

She could have said, "No, I'm too busy," or "No, I'm not interested." Rather than such bluntness, she replies with the socially approved, milquetoast, "I'll try."

Underlying her intentions was, "No" -- delivered with grace.

In those situations, "I'll try" is caring; it diffuses rough, confrontational, unkind exchanges. However, in so many other circumstances, we use "try" as a justification for our own unwillingness to change. After all, what if we give up or decide later that the objective takes too much effort? It hurts to boldly state, "I AM losing a few pounds," only to face questions at a later time when well-meaning friends inquire, "How's the diet going?" It saves face to be able to reply, "I tried, It didn't work," rather than, "I wasn't willing to do it," or "I changed my mind."

In reality, what is there to "try?" Am I actually eating less? Am I really more

See STRIVING, Page 5

FORUM

Editor: K.C. Meadows, 468-3526 The Ukiah Daily Journal udj@pacific.net

Letters from our readers

More on the school bus incident

To the Editor:

I am a school bus driver with Ukiah Unified School District.

The public should know we are highly trained, behind the wheel and in the classroom. We have two of the best driver trainers on site. We take our first aid, CPR, written exam and behind the wheel with the California Highway Patrol every five years. Plus we do 10 hours inservice yearly.

Fact: school bus drivers are the safest mode of transportation on the face of the earth.

I can tell you, it's not an easy job. We deal with every type of distractions, motorists, weather, road conditions, pedestrians, and our favorite, your kids! Any time a student is being rowdy, loud, messing around or pretending to throw something out of the window, it is a distraction. If the driver sees something out of the corner of his or her eyes, it is automatic to look up into the rearview mirror. That is a great safety issue for the rest of the passengers. The driver is driving a huge vehicle with your children and needs to focus on driving.

High school students are allowed to get off the bus at any designated stop.

The four boys on bus 25 (not D-25) chose to get off at a designated stop. They knew they were going back to school to face consequences. Two girls chose to get off with them, so that's a total of six, not twenty-seven as the Ukiah Daily Journal reported. So for the rest of the student passengers, it made for a safe rid to the next designated stop.

We are allowed to deny school bus riding privileges to all children who cause problems. Rest assured, elementary and junior high students would have been taken back to school, as they are not allowed to get off the bus, except at school or home, unless they have a note from their parent or school. Behavior is a safety issue.

We drive, on average, 100 miles a day, and haul 200 plus students (that's each bus). We take pride in our job and your children. Safety is our first priority. Thank you to all those who teach their kids manners and respect.

P.S. Stop when the red lights flash. It's the law.

Vicki Nelson
Ukiah

Editor's note: When the Daily Journal got a call about this incident from the parent of the child who felt forced off a school bus far from home, we made every effort to get the district's side of the story as we continue to do. But when officials won't discuss an incident and won't allow us access to the bus driver in question it makes it harder for us to provide complete information to our readers. And while we appreciate the input from other bus drivers like this, we cannot assume that this information is accurate either as it conflicts with the testimony of the student who was there. The best source of information for a response to the student's version at this point would be the bus driver involved and that person is not talking. Nonetheless we feel this is an important story and one which will eventually lead to some clarification for both parents and the school district on what the policies are about letting - or forcing - high school students off a school bus. We think everyone agrees that bus drivers are, by and large, a dedicated and safety-conscious group of people with a difficult job to do.

To the Editor:

In my Sept. 12 letter to the editor, regarding Rob Burgess' front-page newspaper article ("Students left on side of road"), I failed to include the following pertinent facts. And for that, I apologize.

When the school bus was at South Valley High School on South Dora, the driver went to the back of the school bus to address the unacceptable behavior of the high school students. The driver gave the high school students the option of returning to Ukiah High School to get off the school bus. Or, they could get off the school bus at the South Valley High School stop. (Note: both of these "stops" are legal and approved school bus stops.) The group of students chose to get off at the South Valley High School stop. (Note: School district policy allows students of high school age to get on and off any school bus at any legal and approved school bus stop.) In addition, one female student who had not participated in the incident also got up to get off the school bus. When the driver inquired as to why the student was leaving the bus, the student responded that she wished to go with her friends. The driver stepped aside to allow the student to get off the school bus.

As I questioned in my earlier letter of the 12th, why didn't Mr. Burgess relate these facts in his article? Why did Mr. Burgess imply in his bold print headlines that the students in question had been "left on side of road?" (They were released at a legal school bus stop.) Why did Mr. Burgess state in the text of his article that the "driver kicked as many as 27 students off the bus?" (The students chose to remove themselves from the bus at the South Valley High School stop.)

It is my opinion that Mr. Burgess failed to provide the reading public with important facts related to this incident. It is my opinion that Mr. Burgess chose to create a sensational headline to attract readers. And, it is my opinion that Mr. Burgess' behavior was inappropriate and inexcusable.

Perhaps Mr. Burgess' employer should kick him out of his reporter's chair and leave him on the side of the road.

What say you?

Linda Plate
Redwood Valley

To the Editor:

I am writing in regards to the school bus story. I was saddened to see what poor coverage you gave this story. First by allowing a student to give you the wrong bus number. And for two, now knowing the proper name, Ukiah Unified School District, not Ukiah United School District. With only one school district in this town, I would think that you would know. There was not 13 to 27 students; it was more like 6. you also made it sound like the kids were put off the bus in the middle of nowhere. They were let off the bus at a school. They were not forced. These kids walked off the bus. They chose to get off the bus, rather than going back to the high school, where campus security would be called for them.

Second, we would all like to think of our kids as bus angels, however the truth of the matter is that they are not. Not mine, not yours. I don't think you know how dangerous it is to have these kids on the bus, acting out. You are watching them, watching the road, and looking to see the one on the bike who flies out in front of you. To have a distraction in the back of the bus, even if pretending, is dangerous. Your eyes move to where the problem is, and who is doing it. At that time, your kid has put everyone at that time in danger. The passing cars, others on the bus, everyone.

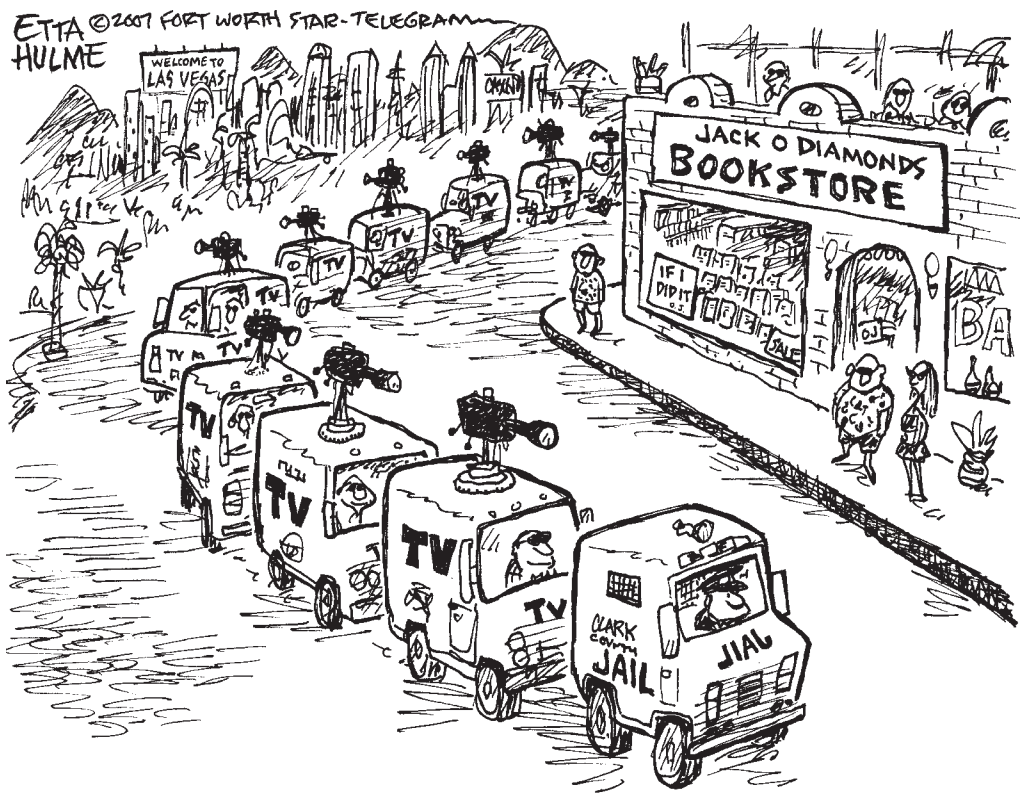
There are not many kids who just get on the bus and follow the rules, and that are polite to everyone on the bus. You know when these kids get in trouble at school they are sent out of class (Stand outside, go to the office, or I.C.E). They could also get hurt at that time. On a bus, we do not have that option. Then when we send paperwork home in the mail, half the time you do not get it. We call you, but you do not call us back. We have no support from you as the parent. Have you ever asked your kid, "Hey, how was the bus ride today? What bus do you ride? What is the name of the bus driver?" Or, even stopped so we could let someone off the bus? Or do you hurry and try to pass the bus before the red lights go on? I know there are a few people who do stop for us. I want to say thank you.

Have you ever thought about bringing more attention to the readers by educating them on the rules and laws? We deal with daily almost getting ran over when we are in the middle of the street, crossing kids with the red lights on. Or the people who pass the bus on the right side of the road. Yeah, you hear things like "I was in a hurry." To do what, kill a kid, or me? "I didn't see you." But you saw me enough to go around me, and the bus in the middle of the road. "The red lights are high on the bus, I didn't see them."

I would like to say "If you can do my job better than me, please feel free to come on down, go through the classroom training, the behind the wheel training, and all the tests." We have a really hard job. The pay is not what brings us here. I love my job, or I wouldn't be here.

However, you need to remember how the kids were on the bus when you rode. Times have changed, and so have the kids. The change is not for the better. What we say doesn't really matter to them. So, we need your help with the education, and support. We all want everyone to make it home safely.

Lee Dickson
Ukiah



LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. Letters chosen for publication are generally published in the order they are received, but shorter, concise letters are given preference.We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. If we are aware that you are connected to a local organization or are an elected official writing about the organization or body on which you serve, that will be included in your signature. If you want to make it clear you are not speaking for that organization, you should do so in your letter.All letters are subject to editing without notice. Editing is generally limited to removing statements that are potentially libelous or are not suitable for a family newspaper. Form letters that are clearly part of a write-in campaign will not be published. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to *udj@pacific.net*. E-mail letters should also include hometown and a phone number.

WHERE TO WRITE

President George Bush: The White House, 1600 Pennsylvania Ave., Washington, D.C. 20500; (202) 456-1111, FAX (202)456-2461.

Governor Arnold Schwarzenegger: State Capitol, Sacramento, 95814. (916) 445-2841; FAX (916)445-4633

Sen. Barbara Boxer: 112 Hart Senate Office Bldg., Washington, D.C. 20510; (202)224-3553; San Francisco, (415) 403-0100 FAX (415) 956-6701

Sen. Dianne Feinstein: 331 Hart Senate Office Bldg., Washington, D.C. 20510. (202)224-3841 FAX (202) 228-3954; San Francisco (415) 393-0707; senator@feinstein.senate.gov

Congressman Mike Thompson: 1st District, 231 Cannon Office Bldg, Washington, D.C. 20515. (202) 225-3311; FAX (202)225-4335. Fort Bragg district office, 430 N. Franklin St., PO Box 2208, Fort Bragg 95437; 962-0933,FAX 962-0934; www.house.gov/write rep

Assemblywoman Patty Berg: State Assembly District 1, Capitol, Rm. 2137, Sacramento, 95814. (916) 319-2001; Santa Rosa, 576-2526; FAX, Santa Rosa, 576-2297. Berg's field representative in Ukiah office located at 311 N. State St, Ukiah, 95482, 463-5770. The office's fax number is 463-5773. E-mail to: assemblymember.berg@assembly.ca.gov

Senator Pat Wiggins: State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375Email: senator.wiggins@sen.ca.gov.

Mendocino County Supervisors: Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. bos@co.mendocino.ca.us

Visit our web site at ukiahdailyjournal.com
email us at udj@pacific.net

From the desk of ....



RUBEN NAVARRETTE JR.

Shame on them all

When I first heard of the "Jena 6" -- African-American teens in a small Louisiana town charged with beating a white classmate -- my instinct was to side with those screaming for justice.

There was always the chance that the case was all about race. The high school that these kids attend appears to be boiling over. A few months before the beating, in an incident a U.S. attorney found had nothing to do with the attack, a group of white students strung nooses from a tree in the schoolyard.

The screams for justice are getting louder. The criminal case has become a cause celebre with liberal bloggers, celebrities and black radio hosts. It's also become an issue in the 2008 presidential race.

Last week, thousands of protesters descended on the town to show support for the six defendants. And since there were television cameras there, the demonstrators included -- surprise -- those perennial grievance merchants, the Revs. Jesse Jackson and Al Sharpton.

But even if my heart went out to the defendants, my head told me to take a closer look. Now, I feel like screaming. Neither the authorities nor the activists come off particularly well. The former treated the defendants as if they were public enemy No. 1; the latter went so far in the other direction as to depict the young men as victims.

I wouldn't call them that. The real victim is Justin Barker, the teenager who was beaten and stomped unconscious and taken to a hospital with injuries to both eyes and ears. Even though he was treated and released the same day, his injuries weren't exactly minor.

Everyone likes to play the victim. But don't blur the lines between those who were wronged and those accused of committing the wrong.

Still, none of this lets prosecutors off the hook for the aggressive way in which they handled this case. For allegedly taking part in the attack, the teens were tried as adults and charged with attempted murder.

Attempted murder! At worst, this was assault. And given that the victim was white and the assailants were black, it could be called a hate crime. But it's not exactly a homicide gone awry.

Tell that to the jury that convicted the first young man to come to trial in this case -- 17-year-old Mychal Bell.

Make that, the "all-white jury." That's a no-no, especially in the South with its rancid history of white jurors exonerating whites accused of crimes against blacks and railroading blacks accused of crimes against whites.

If the Jena 6 are guilty of the crime for which they've been accused, they ought to be ashamed -- and punished. But Bell deserved a jury of his peers, and an all-white jury doesn't cut it.

Recently, an appeals court overturned Bell's conviction -- not because of the jury's racial makeup but because, the court said, he should never have been tried as an adult. Since the judge's ruling, the charges for three of the other defendants were reduced to aggravated battery.

But there is another side to this coin. Many of the activists supporting the teens haven't behaved much better. For some, even the lesser charge is too harsh. I'm part of a panel of commentators on National Public Radio's "Tell Me More with Michel Martin," and, when we've discussed the Jena 6, an African-American colleague suggested that the appropriate punishment be community service.

What? Why not just drop all charges, buy them a steak and call it a day?

Students at Morehouse and Spellman -- traditionally black colleges in Atlanta -- held a rally and declared an affinity with the defendants. Some held up signs saying: "I am the Jena 6."

Well, not if you've never been part of a mob-style beating you're not. Those college students obviously made good decisions to get where they are. The Jena 6 made a bad decision, and that's why they are in trouble with the law.

And then there's Jackson, who called the case a "defining moment" and compared it with the 1965 voting rights struggle in Selma. Jackson has also criticized Barack Obama over what he considers the presidential candidate's tepid reaction to the case and -- according to a South Carolina newspaper -- accused Obama of "acting like he's white."

This was an ugly episode from the start, but shame on those who are -- through words and deeds -- making things even uglier now.

Ruben Navarrette Jr. is a columnist and editorial board member of The San Diego Union-Tribune.

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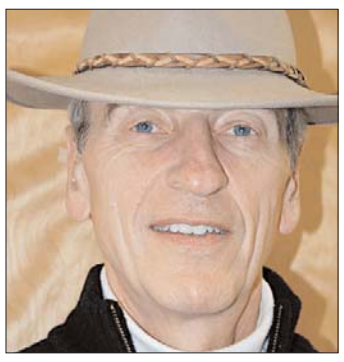
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Can I go in now coach?!



For Dads From Dads

By Tom Buske, MSW

"Can I go in now coach?!" are upon the lips of every young man who loves the game of football. Football brings back many fond memories of the years I played right halfback for the Greenfield High Hawks, in Wisconsin.

Our team colors were the same as the Greenbay Packers, green and gold. I was proud to put on number 25 and give it my all on game day. My backfield coach Mr. Rebels drove a 63 Corvette, was very cool, and a great coach. I wanted to please "Coach." Because of him I was a hard working back, very loyal to my coach and the Hawks.

Being a dad to our children is much like being a football coach. Let's consider a few of the numerous parallels. I respected my coach due to the way he treated me – respectfully. He talked to me in a respectful manner. Unlike some of the other coaches he didn't yell, therefore, I didn't fear him. I listened and learned.

Application: How we dads talk to our children is very important. Do we talk respectfully to our children? This may be easy to do when they are behaving. What about when they mess up or make mistakes? Do we yell at them, are we short with them? If I snap at my children, it's usually about me and not about them. It means I may be expecting them to be like me. This is a recipe for disaster. Expecting children to behave in adult ways is damaging to their being since they can't do it and so it stresses our children out. Stressed children aren't able to think clearly. This applies to teens as well as young children. Yes, we expect more as a child ages but even teens, though they have adult size bodies, are not adults.

Sometimes I'd botch a play. Since my coach wasn't a yeller, this meant I just felt bad about messing up and didn't have the additional humiliation from my coach to deal with. What really helped me in these situations was the way Coach treated me. The very next play he called was mine, giving me a chance to redeem myself. This really meant Coach had confidence in me.

Application: How do we dads treat our sons or daughters when they mess up? Do we give them second chances or do we throw in the towel and not let them try again? Most of us dads weren't perfect children, though my mother thought I was (smile). When it comes to our own children, we need to be forgiving dads and encourage them to try again. We need to be intentional about building confidence in our children especially when they make mistakes.

Encouragement. Coach Rebels was a master at this game. He was my cheerleader, cheering me on when I made a good block or ran a good pass pattern. I really worked for him because of this. I knew he cared about me and wanted to help me to be the best player I could be.

Application: Encouraging our children doesn't cost us a dime. It only cost us our time. Just as Coach was spending time with the backfield encouraging us and teaching us, we dads too must spend time with our children if we are to know where they need encouragement and instruction. This demands our time and takes intentional effort on our part. Though we may have many obligations and competing interests, if we drop the ball here and don't give our children the individualized encouragement they need, we miss out on a key way to bring out the best in our kids and in our relationships with them.

Loyalty. This characterized my relationship with Coach. He was acting in my best interest and thus inspired me to play my guts out on the field. Even though he wasn't perfect and made mistakes, Coach still received my loyalty. No one could bad mouth Coach without arousing a fierce word from me on his behalf.

Application: Loyalty is a wonderful aspect of our relationship with our children….one that every dad longs for. I've just described some of the ways we dads demonstrate loyalty to our kids. Do we as dads have our children's loyalty? This quality can't be bought with little boy toys or big boy toys. It is earned and it takes our TIME. Loyalty is earned by the way we respect/talk to our children, by investing our time to teach them and help them learn from their mistakes, and finally by continually encouraging them. When we have consistently demonstrated our loyalty to our children they will be loyal to us.

In the game of life my hope and prayer for each of us dads is to be the best "Coach" we can be to our children.

Tom is dad to two adult children and a grandpa. Tom is the originator and co- contributing writer along with Herman Meadows for the Ukiah Daily Journal feature article, FOR DADS FROM DADS. Tom is the founder of the Fatherhood Coalition of Ukiah, which exists to help dads be the best dad they can be. (This is open to any dad to be a part of – Dads are needed – 468-8409). Tom works for TLC Child and Family Services as a social worker for foster and adopted children.

Doctors may be missing cases of 'purging disorder'

Normal weight women who don't binge-eat

By AMY LORENTZEN
The Associated Press

DES MOINES, Iowa -- An Iowa researcher is studying a little-known eating disorder that some doctors may miss: purging disorder.

Though similar to women with bulimia, patients who fit this description don't binge-eat. Yet they feel compelled to purge, usually by vomiting, even after eating only a small or normal amount of food, said Pamela Keel, the University of Iowa researcher who led a study on the subject.

Keel, a psychology professor, and colleagues from Iowa and the Harvard Medical School describe their research in this month's issue of Archives of General Psychiatry.

"Purging disorder is new in the sense that it has not been officially recognized as a unique condition in the classification of eating disorders. But it's not a new problem," Keel said. "Women were struggling with purging disorder long before we began studying it."

If further study supports that it is a distinct disorder, Keel said the American Psychiatric Association could revise its criteria for diagnosing eating disorders. That's important because doctors could then better screen these patients and identify treatments for them. Otherwise, they might be missed because they are normal weight and don't report binge-eating, she said.

"The bottom line is there are women out there right now who have this condition, and very little is being done to figure out why they have this problem or how to help them with it," Keel said.

The study focused on women because they are about 10 times more likely than men to suffer from bulimia, in which people compulsively overeat and then force themselves to vomit, fast, take laxatives or exercise excessively to burn calories.

The dangers of purging disorder are similar to those of bulimia: psychological problems, dehydration, electrolyte imbalances that can affect the heart and kidneys, and potential dental problems because of self-induced vomiting.

Keel's research, conducted from 2001-05, was funded by the National Institute of Mental Health. The study looked at 90 women: 20 women had symptoms of purging disorder, 37 had bulimia and purged after binge-eating, and 33 had no eating disorders. Each woman was interviewed about her eating habits, drank a liquid meal and had blood drawn before and after the meal.

Keel said there were significant differences in the groups when it came to satiety, or feeling full.

In response to the liquid meal, women with purging disorder and those who had no eating disorder had similar levels of a chemical called cholecystokinin. It is released from the upper tract of the small intestine and appears to signal people to stop eating.

"That makes sense, because in terms of eating patterns, women with purging disorder are not actually eating more" than the women who had no eating disorder, Keel said. The bulimic women had lower levels of the chemical.

The women with purging disorder said they felt much more full after the test meal, and they reported more stomach discomfort than the bulimic women and the women with no eating disorders.

"It kind of begins to provide a clue for why these women may feel a need to purge after eating an amount of food that most people would be fine with. They are actually responding to it differently," Keel said.

The women with purging disorder and the bulimics shared emotional and psychological characteristics, including body image problems, anxiety and depression. Both groups also had strict rules about what they could eat and when, Keel said.

Keel "has helped put purging disorder on the map" as something that should be studied, said Dr. Tim Walsh, professor of psychiatry at Columbia University Medical Center.

Many people with eating disorders don't meet all of the criteria for anorexia or bulimia, "so it suggests that we need additional descriptions to help patients," he said. Walsh heads a work group with the American Psychiatric Association that is charged with revising criteria for diagnosing such disorders.

Leslie Sim, a psychology professor and consultant with the Mayo Clinic's eating disorders program, called Keel a "great researcher" in the field and said her findings were new and interesting.

Sim said current criteria "are kind of limiting for diagnosis and treatment and also for reimbursement by insurance companies."

Keel is recruiting subjects for another study, which she said will look more closely into factors that give rise to the unique response to eating by women who have purging disorder.

On the Net: University of Iowa: http://www.uiowa.edu/; Mayo Clinic: http://www.mayoclinic.com/

Dads

Continued from Page 3

active? Select one: "yes" or "no." If I choose to not act on my own words, I am not "trying," I am simply "not doing."

Of late, I find myself stating proudly to anyone within earshot what I am "trying" to do. In actuality, I am setting the stage for the excuses I might use at another time.

"I am trying to lose weight," I say.

My friends nod in agreement, commiserating. "It's tough, isn't it?"

"Yes. But I'm really trying hard."

"Good for you," they say, "I admire you."

Yet, my scale has not moved; my waistline has not shrunk. The glaring unavoidable reality is I am not "trying," I am stagnating. The moment has arrived; it is time to stop "trying" and begin "doing."

The use of the word "try" is so addictive; it's tough to ratchet up the commitment to "I'm doing." But I'm trying.

About the author: Scott "Q" Marcus is a THINspirational speaker and author. Since losing 70 pounds 13 years ago, he conducts speeches, workshops, and presentations throughout the country. Other writings can be found at www.WeightLossColumn.com or you can contact him at scottq@scottqmarcus.com

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Beddow Series champ, Doss picks up second win in Westcar

By STEVEN BLAKESLEY
For the Journal

Ukiah - Despite not finishing the event due to a hard crash, rookie Jarred Beddow or Roseville, CA claimed the 2007 Eldorado Westcar Late Model Series

Tour of Champions championship Saturday night at Ukiah Speedway.

Upperlake's Mike Doss scored the rich $1500 victory, making him two-for-two in Westcar competition at Ukiah.

After a rookie performance that wowed race fans throughout the series' seven-round campaign, Beddow finished with six top-fives and seven top-tens.

"It,s not real yet," Beddow said. "When I started doing well in the beginning of the year, I thought it was just luck. It was tough being just a normal guy out here trying to do this every race."

"Call me lucky, call me skilled, whatever you want to call it," Beddow said. "I,m sure there are some guys out here that are better than me."

Paul Hansen of Richmond, CA led the opening nine laps of the 75 lap contest. Meanwhile, 2005 Rookie of the Year and 2007 series runner-up Bobby Butler worked through the field from his sixth starting position.

The Sacramento teenager beat Hansen in a race back to the line on lap nine, when the caution flag flew. John Dalerio of Ukiah made contact with Doss and slid off the race track in turn one to draw the yellow.

Butler drove away from Hansen on the restart. Beddow moved past Hansen on lap 12 and began to chip away at Butler's lead.

Doss, who was the fastest in qualifying, was up to fourth place by lap 16 after starting tenth.

On lap 33, Beddow found his way to Butler,s back bumper, setting up a thrilling 13 lap duel. The top-two drivers in Westcar competition battled closely, with Butler fighting a loose race car.

Butler stumbled exiting turn four on lap 45, and Beddow pounced on the opening on the inside. After some contact between the two, Beddow took the lead into turn one.

Heading off of turn two, they suddenly made contact.

Beddow spun off the embankment and into the dirt wall outside the backstretch, causing major damage to the left-front of the car. His night was over.

"We had the car to beat," Beddow explained while he iced an injured foot. "I was sitting back, saving the tires, waiting for him to make a mistake and he did."

"I just wish he would have drove me clean."

"We got together in turns one and two and I got loose coming off," Butler said. "It was a racing deal and I feel bad about it. We made an adjustment after practice and made the car too loose."

While still under caution, Hansen suddenly exited to the pits with mechanical problems, which handed the lead to Doss.

Doss cruised over the final 30 laps to a commanding five second win, with Carson City, NV Rookie Kris Keller coming home a career-best second. Butler was able to manage his loose Pontiac to third place. Brian Koski of San Ramon, CA and teenager Bobby Hodges of Carson City, NV rounded out the top-five.

"(Beddow & Butler) were definitely faster today," Doss said. "We had a third-place car, especially after the contact earlier in the race. I,m not going to lie; we didn't have a fast car tonight."

Keller was excited for the great finish, his first top-five in Westcar.

"There was huge pressure and it was absolutely amazing to get second," Keller said. "We were loose all weekend and it was weird; the car just worked (in the feature)."

Beddow finished a wild year that saw the 26 year-old win a dash in just his first night out, a mid-season team change from Gary Glenn's to Mike Doss, and the adversity of competing in as a rookie in a touring Late Model series.

"I learned so much from the Glenn,s and Mike Doss," Beddow said. "I really wish Gary was here tonight."

Beddow relied on support from his family and the racing community to adjust to the mid-season team change.

"My whole family gave me money and we just barely made it," Beddow said.

The 2004 Bomber rookie turned Late Model rookie, turned into a Late Model champion in an amazing run.

Former Olympian teaching gymnastics in Ukiah

By LORNA OTT
For the Journal

The town of Ukiah is known for a few things, but when listing those, not many would know to name Alexa Harz, a local gym teacher and a member of the first women's United States Olympic Pole Vaulting Team in 1996.

When Harz was a senior in high school pole vaulting was something that she started for fun, but it put her in the top 12 USA pole vaulters. Harz did an exhibition for the 1996 Atlanta Olympic games and tied for sixth.

She went on to win the Jr. Olympics that same year and set a Jr. Olympic record or 12' 4". She won the state and CIF competitions for that year and was invited to more meets than she can recall.

After that, she on to train at San Diego State and UCLA with Anthony Curran, the top USA Women's Pole vaulting Coach. She was the invite on behalf of the United States to represent the U.S. in Taipei, China.

Harz was the only female from the United States to be chosen, along with a male representative. There were competitors from all over the world.

"I tried food like jellyfish and hairy chicken knuckle soup. I ate eggs that were over 100 years old and saw a lake with real Piranha. I walked around

giant Buddhist temples and grew a great appreciation for the things I was given as a child. This was one of the best adventures I have ever been on and it all stems back to gymnastics," claims Harz.

Harz later placed fourth in the 2000 Olympic Trials and was the alternate to go to Sydney, Australia if one of the other competitors was

injured. She was completely honored, proud and excited for where she was in her life and how far she had come.

Harz has been involved in gymnastics since the age of two in Redondo Beach, CA. She loved it so much she continued for 14 more years. She began competitive gymnastics at the age of five and ended at the age of 16, a level 10 gymnast. She started assisting other instructors at that time to better her skills for coaching. Her father co-owned two facilities in Southern California so she was constantly in the gym.



Submitted Photos

Alexa Harz is known for her pole vaulting skills and was invited to compete in the Olympics in 1996.

Harz continued teaching gymnastics as a part-time job while she attended San Diego State University. After moving back to Palos Verdes, she taught for two major gymnastic facilities, Studio West Gymnastic and Scats Gymnastics. Both facilities offered the highest levels of learning with very strict criteria. She has taught and attended major gymnastic camps and workshops including the Bella Korolie Camp and Catalina Gymnastic Camp.

"I love all sports. I attribute this to the skills that I learned in gymnastics, they gave me the edge to really excel at anything physical.

Especially anything involving coordination and skill," Harz explained.

In high school Harz played volleyball and ran track. She was also a cheerleader for a short period of time, but soon realized that she wanted to be the one people cheered for, not the other way around.

"I would have done more sports if I could have. I was always swimming, diving, hiking, playing tennis and soccer. My father made my siblings and I do every sport it seems like," said Harz.

She opened Mendocino Starz Gymnastics this year on February 19th, and coaches Little Gym classes ages 18 months to 4 years old, Kindergym ages 5-7 as well as beginning, intermediate, advanced and adult gymnastics.

"I think you always have to motivate and involve your child in something active, especially at a young age. This sets them on a road for better and smarter living as they get older. I hope we continue to see more efforts to making more opportunities for the youth as this town grows," explained Harz.

Harz wanted to provide a place for children to have fun and improve coordination. The facility houses balance beams, uneven parallel bars, a spring floor system and an 8 x 14 ft trampoline. Tied up around the floor area is a 24 ft long climbing rope and two 24 ft long silks, for the silk acrobatic classes. They also have a 32 ft mirrored wall and the entire gym area is padded for safety. All of the instructors are USA Gymnastic and Safety certified.

When asked what her favorite part of coaching was, she replied, "The best part of coaching is watching the students get coordinated. I love to see week-to-week their strength, flex ability and self esteem improve. I want to fill them with positive energy and get their bodies healthy. I think if you get a child excited about being active Early it keeps them on the right track later. Kids tend to stay away from drugs and alcohol if they have something else that motivates them to be healthy. I want my facility to be one of those places. And, a place that firmly believes that all youth activity are valuable to this community."

Having an Olympian in Ukiah, and teaching classes in gymnastics is a very awesome addition to our town, as well as a great asset. Anyone interested in enrolling in gymnastics can contact (707) 463-3303.

Those who would like to see the facility, it is located off North State Street, at #301 Kunzler Ranch Rd. Ste. E, Ukiah. They are offering classes at all times and it is never too late to start getting in shape and start a new activity.



Harz has continued teaching her art of gymnastics to a younger generation at Mendocino Starz Gymnastics where she hopes that local children can have fun and improve their coordination skills. Pole vaulting is out of the picture for now.

LOCAL CALENDAR

FRIDAY, SEPT. 28

Ukiah High Football vs. Santa Rosa on the Ukiah High field, JV at 5:00, varsity at 7:30.

FRIDAY, SEPT. 28

Mendocino College Volleyballl vs. Contra Costa at 6:30p.m. in the Mendocino College gymnasium.

COMMUNITY DIGEST

Basketball League signups for youth

The City of Ukiah Community Service Department is beginning registration for the 2007/08 Youth Basketball league. The league is open to boys and girls from Kindergarten through 12th grade. Registration forms are now available at the Civic Center, 411 W. Clay Street, and at www.cityofukiah.com.

The registration fee is $50 per first player, $45 for the second player in the same family. Registrations are due by Friday, October 26, 2007. A $15 late fee will be added after the deadline. There are Low-Income Discounts available. Absolutely NO registration will be accepted after 11/2/07. Practices will begin in November, after Thanksgiving. The Youth Basketball League games will run from January through March 2007. For this program to be successful enthusiastic volunteer coaches and team sponsors are needed. For more information, please call 463-6714.

Downtown K-town 3-on-3 tournament

On October 13, in Kelseyville, there will be a 3 on 3 tournament for all ages. The tournament will be held in downtown and run from 10 am to 6 pm. Registration will start at 8 am. It is $60 for youth division and $100 for adults. The tournament will be held on Sunday, October 14th. For more information contact www.downtownktown.com.

Yokayo Bowl needs bowlers for leagues

Looking for a great fall/winter sport? Yokayo Bowl needs bowlers for several different leagues. Singles and teams for Monday Mixed 5's, Thursday Women's 5's, Friday Men's 5's and Senior's Tuesday and Wednesday Mornings. For more information call 462-8686.

Ukiahi Athletic Boosters meeting

Become involved and join the Ukiah High School Athletic Boosters Club. All parents and community members are welcome and encouraged to participate. This is a fun and long-standing community group which works hard to help local prep athletes obtain their uniforms and much needed equipment.

The next Ukiah High School Athletic Boosters meeting will be on Monday, September 24, at 5:30 p.m. on the Ukiahi campus in the Career Center located in the Administration Building.

Ukiahi Athletic Boosters dinner

Ukiah High School Athletic Boosters fund raising dinner and auction will be held on Monday, October 15.

The community is invited to join us for our annual event at a "new" location in the Fine Arts building at the Ukiah Fair Grounds.

Dinner tickets are $30 per person. For reservations and purchase information contact Deni Lee at 468-3736 or Val Jackson at 468-9085.

SAL Boxing

Fall hours for SAL boxing are Thursday 6:45 p.m. and Friday 5:00 p.m. The cost is only $5 a year and classes are ongoing at the Redwood Health Club.

To join SAL Boxing athletes must fill out paperwork and have a parental signature for those under 18. The class is a mix of a levels and ages. Come for a good workout or to seriously study boxing.

DVC holds 6th annual golf marathon

On Friday, October 5, Deep Valley Christian School will be hosting a 100 hole gold marathon. Fund raising is critical to the life of a non-profit Christian school and volunteer help is greatly appreciated. This year's event will be at the Ukiah Municipal Golf Course.

The goal is for each golfer to play 100 holes of golf in one day. We would like to encourage moms and families to join the dads in this year's event. Some new items added for this year include; if a player raises at least $100 their $100 registration fee will be waved, If a parent plays with their child, who is under 16 years old, the child will play for free, and pastors and youth pastors play for free.

There will be a continental breakfast, lunch, tri-tip dinner, snacks, and golf balls provided. There will also be prizes for the longest drive, closest to pin, worst golfer, and much more.

The event starts at 7 a.m. with check-ins, and will run until around 7 p.m. when awards will be given. All donations are accepted, it is possible to pledge by hole, or for a specific amount. Local businesses are also encouraged to donate, all donations are tax deductible.

Tempers flaring during Chase

With the top six drivers within 18 points of one another, tension spills on to course

By JENNA FRYER
AP Auto Racing Writer

CHARLOTTE, N.C. — The tension in this Chase for the championship was evident after the first pit stop at Dover, where title contender Tony Stewart angrily bumped Paul Menard because the rookie crowded him.

By the time Round 2 was over, an incensed Denny Hamlin wanted to fight Kyle Petty after an on-track accident led to an off-track confrontation.



File photo

Home Depot's Tony Stewart was among the top name drivers involved in altercations at Dover last weekend. He bumped Paul Menard for 'crowding'.

Emotions nearly erupted at the Dover International Speedway, where the top half of the Chase field left Sunday's race separated by a mere 18 points. The bottom half packed up their crumpled cars for Kansas Speedway, clinging to fading championship hopes.

There's little room for error in this year's Chase, where a stout 12-driver field has ratcheted up the competition. A bad day better not be a finish in the 30s or below. With this talent level, anything outside the top 10 can seriously stall a drive toward the Nextel Cup title.

It's why Stewart was incensed following the first pit stop. Menard had the stall in front of him, and he didn't give Stewart much room on the crowded service road. Stewart had to back up to exit his spot, and just as he tried to pull out, Menard slid in front of him.

The two-time champion made it clear he expected pit-road respect by bumping Menard several times as they traveled down pit road, then pulling alongside him and slamming into his right front fender. It was foolish on Stewart's part — all that banging could have damaged his car — but he knew he couldn't afford slow stops all day and needed Menard to be accommodating.

Despite the early incident with Menard and an ill-handling race car that dropped him a lap down early, Stewart salvaged a ninth-place finish that moved him to second in the Chase standings, just two points behind leader Jeff Gordon.

"If there was one place I was worried about, it was here," Stewart said of Dover. "To salvage a top 10 out of it with the way we started the day. ... There were a lot of good cars that are in the Chase that had a bad day, and not having a bad day is what you've got to do."

Hamlin, his teammate, wasn't so lucky.

His car was fantastic early, and he led 61 laps to establish himself as a favorite. He had faded back to sixth at the halfway point of the race and was cutting through lapped traffic when he incorrectly judged the best way to get around Petty.

The miscalculation sent him smack into the back of Petty, and the 29-year veteran was none too pleased after both cars wrecked. Petty went to Hamlin's garage stall to find the second-year driver, who was strapped inside his car with his helmet still on when Petty arrived.

Petty pulled down the window net to yell at Hamlin, then slapped the visor on his helmet down before stalking off.

Hamlin then pulled off his equipment and scrambled out the window, but was restrained from chasing after Petty by a NASCAR official and several team members.

He was livid — not so much about the accident but at the lack of respect from Petty — and indicated the incident was not over.

"Don't smack me in the helmet. You smack me in the helmet I'm going to punch you in the face," Hamlin said. "You don't come to my car. You don't come to my pit. You meet me someplace else, and we'll settle it. I have the utmost respect for Kyle, but don't lay your hands on my head. I did not say one thing to him. He chose to slap my helmet. I have a short fuse. Don't do that."

The frustration is clearly mounting for Hamlin, who started the Chase as a favorite to contend for the title.

But his Joe Gibbs Racing team was off at New Hampshire, and he finished a disappointing 15th in the opening Chase race.

He was 38th in Dover because of the accident with Petty, and now finds himself last in the Chase standings — a whopping 158 points behind the leader.

It's not impossible to overcome that deficit, but it's going to be mighty hard for Hamlin and the rest of the drivers stuck at the back end of the standings.

Kurt Busch is 151 points out after a part failure in New Hampshire and a late accident in Dover. A blown motor — his first in almost two years — dropped Matt Kenseth to 10th in the standings and 116 points out, while Kevin Harvick has yet to put together a good run in the Chase and sits in ninth, 115 points out.

"If it wasn't for bad luck, I don't think we would have any luck at all this year," Harvick said.

With the competition so tight at the top — sixth-place Clint Bowyer is only 18 points out of first — the realization has finally set in that the driver who is as close to perfect as possible will win this Chase.

That has put the contenders clearly on edge, especially those who know if they don't rally this weekend in Kansas, the Nextel Cup will not be coming home with them this year.

SCOREBOARD

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

At A Glance
By The Associated Press
All Times EDT

East Division

	W	L	Pct	GB
z-Boston	92	64	.590	—
New York	90	65	.581	1 1/2
Toronto	78	77	.503	13 1/2
Baltimore	66	89	.426	25 1/2
Tampa Bay	64	92	.410	28

Central Division

	W	L	Pct	GB
x-Cleveland	92	63	.594	—
Detroit	85	71	.545	7 1/2
Minnesota	76	79	.490	16
Chicago	68	88	.436	24 1/2
Kansas City	67	88	.432	25

West Division

	W	L	Pct	GB
x-Los Angeles	92	64	.590	—
Seattle	83	72	.535	8 1/2
Oakland	75	82	.478	17 1/2
Texas	72	84	.462	20

x-clinched division
z-clinched playoff spot

Sunday's Games
Cleveland 6, Oakland 2
N.Y. Yankees 7, Toronto 5
Detroit 7, Kansas City 2
Tampa Bay 5, Boston 4
Minnesota 7, Chicago White Sox 1
Texas 3, Baltimore 0
L.A. Angels 7, Seattle 4
Monday's Games
Toronto at N.Y. Yankees, 1:05 p.m.
Minnesota at Detroit, 7:05 p.m.
Kansas City at Baltimore, 7:05 p.m.
L.A. Angels at Texas, 8:05 p.m.
Tuesday's Games
Oakland (Gaudin 11-12) at Boston (Lester 4-0), 7:05 p.m.
Minnesota (Garza 4-6) at Detroit (Bonderman 11-9), 7:05 p.m.
Toronto (Litsch 6-9) at Baltimore (Burres 6-6), 7:05 p.m.
N.Y. Yankees (Clemens 6-6) at Tampa Bay (Hammel 2-5), 7:10 p.m.
L.A. Angels (Jer.Weaver 13-7) at Texas (McCarthy 5-10), 8:05 p.m.
Kansas City (Bannister 12-9) at Chicago White Sox (Contreras 10-16), 8:11 p.m.
Cleveland (Laffey 3-2) at Seattle (F.Hernandez 13-7), 10:05 p.m.
Wednesday's Games
L.A. Angels at Texas, 2:05 p.m.
Oakland at Boston, 5:05 p.m.
Minnesota at Detroit, 7:05 p.m.
Cleveland at Seattle, 7:05 p.m., 1st game
Toronto at Baltimore, 7:05 p.m.
Cleveland at Seattle, 10:35 p.m., 2nd game
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Kansas City at Chicago White Sox, 8:11 p.m.

NATIONAL LEAGUE

By The Associated Press
All Times EDT

East Division

	W	L	Pct	GB
New York	87	68	.561	—
Philadelphia	85	71	.545	2 1/2
Atlanta	82	74	.526	5 1/2
Washington	69	87	.442	18 1/2
Florida	66	90	.423	21 1/2

Central Division

	W	L	Pct	GB
Chicago	83	73	.532	—
Milwaukee	79	76	.510	3 1/2
St. Louis	73	82	.471	9 1/2
Cincinnati	71	85	.455	12
Houston	68	88	.436	15
Pittsburgh	66	90	.423	17

West Division

	W	L	Pct	GB
Arizona	88	68	.564	—
San Diego	85	70	.548	2 1/2
Colorado	84	72	.538	4
Los Angeles	80	76	.513	8
San Francisco	69	87	.442	19

Sunday's Games
Washington 5, Philadelphia 3
N.Y. Mets 7, Florida 6, 11 innings
Atlanta 7, Milwaukee 4
Chicago Cubs 8, Pittsburgh 0
Colorado 7, San Diego 3
San Francisco 5, Cincinnati 4
L.A. Dodgers 7, Arizona 1
St. Louis 4, Houston 3
Monday's Games
Washington at N.Y. Mets, 7:10 p.m.
St. Louis at Milwaukee, 8:05 p.m.
San Diego at San Francisco, 10:15 p.m.
Tuesday's Games
Chicago Cubs (Lilly 15-7) at Florida (Willis 9-15), 7:05 p.m.
Arizona (Davis 13-12) at Pittsburgh (Snell 9-12), 7:05 p.m.
Atlanta (James 11-10) at Philadelphia (Moyer 13-11), 7:05 p.m.
Washington (Bergmann 5-5) at N.Y. Mets (Glavine 13-6), 7:10 p.m.
Houston (Gutierrez 1-1) at Cincinnati (Bailey 3-2), 7:10 p.m.
St. Louis (Looper 12-11) at Milwaukee (Suppan 10-12), 8:05 p.m.
Colorado (Fogg 9-9) at L.A. Dodgers (Penny 16-4), 10:10 p.m.
San Diego (Tomko 4-11) at San Francisco (Cain 7-16), 10:15 p.m.
Wednesday's Games
Chicago Cubs at Florida, 7:05 p.m.
Arizona at Pittsburgh, 7:05 p.m.
Atlanta at Philadelphia, 7:05 p.m.
Washington at N.Y. Mets, 7:10 p.m.
Houston at Cincinnati, 7:10 p.m.
St. Louis at Milwaukee, 8:05 p.m.
Colorado at L.A. Dodgers, 10:10 p.m.
San Diego at San Francisco, 10:15 p.m.

NATIONAL FOOTBALL LEAGUE

At A Glance
By The Associated Press
All Times EDT

AMERICAN CONFERENCE

East

	W	L	T	Pct	PF	PA
New England	3	0	0	1.000	114	35
N.Y. Jets	1	2	0	.333	58	86
Buffalo	0	3	0	.000	24	79
Miami	0	3	0	.000	61	84

South

	W	L	T	Pct	PF	PA
Indianapolis	3	0	0	1.000	93	54
Houston	2	1	0	.667	78	54
Jacksonville	2	1	0	.667	46	34
Tennessee	1	1	0	.500	33	32

North

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	97	26
Baltimore	2	1	0	.667	66	63
Cincinnati	1	2	0	.333	93	95
Cleveland	1	2	0	.333	82	105

West

	W	L	T	Pct	PF	PA
Denver	2	1	0	.667	52	57
Kansas City	1	2	0	.333	26	50
Oakland	1	2	0	.333	67	83
San Diego	1	2	0	.333	52	72

NATIONAL CONFERENCE

East

	W	L	T	Pct	PF	PA
Dallas	3	0	0	1.000	116	65
Washington	2	1	0	.667	53	49
N.Y. Giants	1	2	0	.333	72	97
Philadelphia	1	2	0	.333	81	57

South

	W	L	T	Pct	PF	PA
Carolina	2	1	0	.667	75	67
Tampa Bay	2	1	0	.667	61	37
New Orleans	0	2	0	.000	24	72
Atlanta	0	3	0	.000	30	64

North

	W	L	T	Pct	PF	PA
Green Bay	3	0	0	1.000	82	50
Detroit	2	1	0	.667	77	94
Chicago	1	2	0	.333	33	58
Minnesota	1	2	0	.333	51	36

West

	W	L	T	Pct	PF	PA
San Francisco	2	1	0	.667	53	70
Seattle	2	1	0	.667	64	50
Arizona	1	2	0	.333	63	66
St. Louis	0	3	0	.000	32	68

Sunday's Games
N.Y. Jets 31, Miami 28
Baltimore 26, Arizona 23
Green Bay 31, San Diego 24
New England 38, Buffalo 7
Indianapolis 30, Houston 24
Kansas City 13, Minnesota 10
Pittsburgh 37, San Francisco 16
Tampa Bay 24, St. Louis 3
Philadelphia 56, Detroit 21
Oakland 26, Cleveland 24
Seattle 24, Cincinnati 21
Jacksonville 23, Denver 14
Carolina 27, Atlanta 20
N.Y. Giants 24, Washington 17
Dallas 34, Chicago 10
Monday's Game
Tennessee at New Orleans, 8:30 p.m.
Sunday, Sept. 30
Chicago at Detroit, 1 p.m.
St. Louis at Dallas, 1 p.m.
Oakland at Miami, 1 p.m.
Houston at Atlanta, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Green Bay at Minnesota, 1 p.m.
Baltimore at Cleveland, 1 p.m.
Seattle at San Francisco, 4:05 p.m.
Tampa Bay at Carolina, 4:05 p.m.
Denver at Indianapolis, 4:15 p.m.
Kansas City at San Diego, 4:15 p.m.
Pittsburgh at Arizona, 4:15 p.m.
Philadelphia at N.Y. Giants, 8:15 p.m.
Open: Washington, Jacksonville, New Orleans, Tennessee
Monday, Oct. 1
New England at Cincinnati, 8:30 p.m.

MAJOR LEAGUE SOCCER

At A Glance
By The Associated Press
All Times EDT

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-D.C. United	15	6	5	50	49	29
x-New England	13	6	7	46	45	36
New York	11	10	5	38	41	39
Kansas City	10	10	6	36	41	41
Chicago	8	10	8	32	27	34
Columbus	7	9	10	31	31	35
Toronto FC	5	14	6	21	19	39

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-CD Chivas USA	14	6	5	47	41	23
x-Houston	13	7	6	45	38	21
FC Dallas	12	10	4	40	34	38
Colorado	7	11	8	29	26	31
Real Salt Lake	5	13	8	23	26	39
Los Angeles	5	13	6	21	30	43

NOTE: Three points for victory, one point for tie.
x-clinched playoff spot

Wednesday's Games
Los Angeles 2, Real Salt Lake 2, tie
Thursday's Game
Chicago 1, FC Dallas 1, tie
Saturday's Games
Columbus 2, Toronto FC 1
New England 2, New York 2, tie
Real Salt Lake 1, Colorado 0
CD Chivas USA 2, Kansas City 1
Sunday's Games
D.C. United 1, Chicago 1, tie
Los Angeles 2, FC Dallas 1
Thursday, Sept. 27
Los Angeles at Kansas City, 8 p.m.
Saturday, Sept. 29
Toronto FC at D.C. United, 7:30 p.m.
Colorado at New England, 7:30 p.m.
Real Salt Lake at New York, 7:30 p.m.
Chicago at CD Chivas USA, 10:30 p.m.
Sunday, Sept. 30
Houston at FC Dallas, 3 p.m.
Los Angeles at Columbus, 5 p.m.

NATIONAL HOCKEY LEAGUE

Preseason Glance
By The Associated Press
All Times EDT

EASTERN CONFERENCE

Atlantic Division

	W	L	OT	Pts	GF	GA
Philadelphia	2	1	0	4	8	6
N.Y. Islanders	1	1	2	4	9	11
Pittsburgh	1	1	2	4	9	11
N.Y. Rangers	1	1	0	2	4	8
New Jersey	1	2	0	2	8	7

Northeast Division

	W	L	OT	Pts	GF	GA
Ottawa	3	0	0	6	11	5
Montreal	3	3	0	6	14	17
Toronto	2	1	1	5	11	11
Boston	1	2	1	3	9	12
Buffalo	1	1	0	2	4	6

Southeast Division

	W	L	OT	Pts	GF	GA
Florida	3	1	0	6	11	7
Carolina	2	1	0	4	8	7
Atlanta	2	2	0	4	12	12
Washington	1	1	1	3	9	10
Tampa Bay	1	1	0	2	5	5

WESTERN CONFERENCE

Central Division

	W	L	OT	Pts	GF	GA
Detroit	3	1	0	6	14	6
Nashville	3	1	0	6	12	8
Chicago	2	2	1	5	15	16
Columbus	2	2	1	5	14	14
St. Louis	1	3	0	2	12	15

Northwest Division

	W	L	OT	Pts	GF	GA
Colorado	3	0	1	7	18	12
Edmonton	3	1	0	6	17	15
Vancouver	2	2	1	5	12	15
Minnesota	2	1	0	4	9	12
Calgary	0	2	2	2	6	15

Pacific Division

	W	L	OT	Pts	GF	GA
San Jose	3	0	1	7	12	8
Phoenix	3	1	1	7	16	15
Anaheim	3	3	1	7	17	15
Los Angeles	3	2	0	6	19	20
Dallas	1	2	1	3	17	21

Two points for a win, one point for overtime loss or shootout loss.

Saturday's Games
Toronto 4, Boston 3, SO
Ottawa 2, Montreal 1
St. Louis 3, Atlanta 2
Philadelphia 5, N.Y. Rangers 0
Washington 2, Tampa Bay 1
Detroit 5, Pittsburgh 2
Nashville 4, Carolina 1
Edmonton 5, Calgary 4, OT
Phoenix 6, Dallas 5
Los Angeles 3, Colorado 2, SO
San Jose 3, Vancouver 1
Sunday's Games
Montreal 4, Boston 3
Buffalo 3, Columbus 2, SO
Chicago 4, St. Louis 3
Anaheim 5, Vancouver 0
Monday's Games
New Jersey at Philadelphia, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Ottawa at Toronto, 7:30 p.m.
Detroit at Tampa Bay, 7:30 p.m.
Buffalo vs. Minnesota at Grand Forks, N.D., 8 p.m.

PGA

TURNING STONE SCORES

By The Associated Press
Sunday

At Atunyote Golf Club Course
Verona, N.Y.
Purse: $6 million
Yardage: 7,482; Par: 72

Final Round
Steve Flesch, $1,080,000 66-65-66-73—270
Michael Allen, $648,000 69-67-68-68— 272
John Senden, $348,000 66-70-70-67— 273
John Mallinger, $348,000 67-70-68-68—273
Tommy Armour III, $203,400 70-68-68-68— 274
Mathew Goggin, $203,400 66-69-70-69 — 274
Charley Hoffman, $203,400 69-65-71-69 — 274
Parker McLachlin, $203,400 70-68-65-71 — 274
Carl Pettersson, $203,400 69-66-66-73 — 274
Bill Haas, $156,000 69-66-69-71—275
Charles Warren, $156,000 68-65-68-74 — 275
Jeff Overton, $138,000 70-65-72-69 — 276
David Branshaw, $109,200 68-71-70-68 — 277
Brendon de Jonge, $109,200 66-66-75-70— 277
Johnson Wagner, $109,200 69-67-69-72 — 277
Sean O'Hair, $109,200 71-68-66-72 — 277
Justin Leonard, $109,200 68-71-66-72—277
Charlie Wi, $73,029 69-68-73-68—278
Nick Flanagan, $73,029 72-68-70-68— 278
John Rollins, $73,029 67-69-73-69 — 278
Stuart Appleby, $73,029 70-67-72-69— 278
Vaughn Taylor, $73,029 71-66-70-71— 278
Chris Tidland, $73,029 69-71-67-71 — 278
Briny Baird, $73,029 69-66-71-72—278
Cliff Kresge, $42,030 69-70-71-69 — 279
Jeff Quinney, $42,030 69-71-69-70 — 279
Craig Lile, $42,030 69-67-71-72— 279
Ryan Armour, $42,030 70-70-67-72 — 279
Andrew Buckle, $42,030 69-71-67-72— 279
Jeff Maggert, $42,030 71-64-71-73 — 279
Robert Allenby, $42,030 67-70-69-73— 279
Kirk Triplett, $42,030 70-68-68-73—279
Bart Bryant, $42,030 68-68-69-74—279
Jarrod Lyle, $42,030 73-64-68-74—279

Jim Litke: 'What worse can he go through in this town?'

By JIM LITKE
AP Sports Writer

CHICAGO — Anthony Henry tied for second on the Bears receivers list and had the only touchdown.

Unfortunately, he plays cornerback for the Cowboys.

So stop me if you've heard this before:

"Rex Grossman is our quarterback," Chicago coach Lovie Smith said after Dallas mugged the Bears 34-10 Sunday night.

Lousy quarterbacks are a given with the Bears, who have endured nearly 60 years of frustration since Sid Luckman left town. Even that doesn't completely explain the coaching staff's loyalty to the undersized passer with the underwhelming arm and the mobility of a skyscraper.

It was one thing for Smith to stick with Grossman last season, when the Bears covered for their erratic passer with a stingy, opportunistic defense and timely touchdowns from kick-returner Devin Hester on their way to the Super Bowl. But they're 1-2 in this campaign and falling faster than one of Grossman's floaters.

If the loss of four Pro Bowl players — three on defense— by the end of the Dallas game didn't instill a sense of urgency, well, there was Cowboys quarterback Tony Romo to remind them of what they're missing.

Grossman attempted 32 passes and completed 15, not counting the two picked off by Henry and a third by safety Roy Williams.

Afterward, Grossman said most of the same things he's said each time his quarterback rating — 27.5 on this night — fails to exceed the dinner tab for a family of four at one of Soldier Field's concession stands: He needs to stop trying to make hero plays.

"Their defensive corner hugged up on the outside receiver and I thought I could get a corner (throw) in behind his head," he acknowledged. "It kind of floated short."

Other than his coaches and teammates, it's hard to imagine anyone believes Grossman is capable of changing. He's certainly not going to get taller — the Bears' media guide generously lists him at 6-foot-1, still too short to see over onrushing linemen — and he'll never be quick-footed enough to buy time in the pocket. The start against the Cowboys was only his 26th, but that's because Grossman was hurt for much of his five-year stay in Chicago.

For the moment, though, Grossman appears to have all the support he needs to keep his job.

"What worse can he go through in this town?" Bears linebacker Brian Urlacher said. "The guy went through it all last year, and I'm sure he's going to go through it again this year.

"I'm sure he'll come back and get through it, but it can't get any worse than that."

Grossman and Romo on Sunday night was a study in contrasts.

While Romo had trouble adjusting to the Bears' relentless blitzing early in the game, he never got flustered or forced throws. By the second half, sidestepping one defender after another without leaving the pocket, he began to find the range. He finished a quietly efficient 22-of-35 for 329 yards with two touchdowns.

All that talk about Romo being unable to put up big numbers against a defense as good as Chicago's turned out to be just that.

"They gave Tony some fits," Terrell Owens said. "They bring a heck of pass rush and Tony was able to escape and use his ability to get out of some of those jams and find some open guys down the field."

Owens had little to say about Romo's opposite, but when the boo birds started in on Grossman in earnest in the third quarter, he cupped his hand behind his right ear, pretending he was having a hard time hearing them.

Not so with Smith, who acknowledged afterward, "I know he's going to take a lot of the blame. But we all take a lot of the blame."

At the same time, Smith didn't hide his admiration for the way Romo patiently picked his team apart. Asked what impressed him most, Smith replied, "the way he avoided pressure and got the ball off."

"I knew that coming in," he added, "but he was even more impressive in person."

The only reason there hasn't been much of a quarterback controversy in Chicago — yet — is because the last time backup Brian Griese turned up in a regular-season game was New Year's Eve and he went 5-for-15 in relief with two interceptions.

"I can relate to any quarterback that takes criticism and has people talking about him," Romo said. "I think Rex is a fine player. It's just difficult. This city and some cities across the league and really, Dallas is the same way.

"He's really in a tough position because he has such a great defense that you're almost asked not to lose the game. And I think that's a very difficult way to play quarterback," Romo added, "I really do."

Apparently he's not the only one.

Jim Litke is a national sports columnist for The Associated Press. Write to him at jlitkeap.org

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Milton Bradley tears ACL during blowup, will miss rest of season

Manager Bud Black spins left fielder to the ground in Sunday's fracas

By BERNIE WILSON
AP Sports Writer

SAN DIEGO — Padres left fielder Milton Bradley tore the anterior cruciate ligament in his right knee when he was spun to the ground by his manager Sunday during a blowup with an umpire and will miss the rest of the season.

The diagnosis came from an MRI exam, according to a person with knowledge of the situation, who spoke Monday on condition of anonymity because a formal announcement had yet to be made.

Bradley, who helped spark the wild-card leading Padres during the season's second half, was ejected by Mike Winters.

He then hurt his knee during a bizarre scene when manager Bud Black spun him to the ground to keep him from going after the first base umpire in the eighth inning of Sunday's 7-3 loss to Colorado.

The Padres, trying to reach the playoffs for the third straight year, entered Monday night's game at San Francisco with a one-half game lead over Philadelphia in the wild-card race. San Diego was 2 1/2 games behind first-place Arizona in the NL West with seven to play. San Diego had won seven straight against last-place teams San Francisco and Pittsburgh before their offense went flat and lost three straight to the hot-hitting Rockies.

The Padres were incredulous Sunday, saying Winters baited Bradley, leading to the confrontation.

Baseball spokesman Rich Levin said the commissioner's office is looking into whether Bradley was baited by Winters.

The investigation is headed by Mike Port, major league baseball's vice president of umpiring, who reports to executive vice president Jimmie Lee Solomon.

Players union general counsel Michael Weiner said the association is waiting to see whether MLB does something before deciding whether to take action.

Bradley, whose volatile temper has overshadowed his talent during his career, called it "the most unprofessional and most ridiculous thing I've ever seen."

"It's terrible. And now, because of him, my knee's hurt," Bradley said Sunday. "If this costs me my season because of that, he needs to be reprimanded. I'm taking some action. I'm not going to stand pat and accept this, because I didn't do nothing wrong."

Bradley was playing his third game back from a 12-game injury layoff. Batting .313, Bradley hit his 11th homer earlier in the game.

As Bradley walked to the plate in the eighth, umpire Brian Runge asked the player if he had flipped his bat in the ump's direction after taking a called third strike to end the fifth.

"I said, 'Are you kidding me? That's ridiculous,'" Bradley said. "He said, 'Well, it was reported to me by the other umpires that you threw your bat at me.' And I said, 'That's completely ridiculous. I've done a lot of things. I'm trying to turn it around. I would never harm anybody.'"

Bradley singled, then asked Winters if he told Runge he threw his bat. "He goes, 'Yeah, you did.' I go, 'Are you kidding me? That's completely ridiculous. If I strike out and the inning's over, why are you looking at me? Everything's always about me.'"

Then, a fan heckled Winters.

"I pointed to the guy in the crowd, affirming it," Bradley said.

Bradley said Winters responded with a string of expletives.

"That's when I went at him, and he kicked me out," Bradley said.

First base coach Bobby Meacham began to restrain Bradley, and Black came running out. Bradley got away from Meacham, but Black grabbed him by the jersey.

Bradley tried to get free and, after a few seconds, Black spun Bradley around and the player collapsed. Bradley immediately grabbed his right knee and eventually had to be helped off the field.



AP Sports Photo

Milton Bradley has a history of violence with his former team the Dodgers.

"I was trying to pull Milton away from the argument," said Black, later ejected for arguing a checked-swing call against Adrian Gonzalez.

Crew chief Bruce Froemming wouldn't allow a reporter to speak with Winters.

Meacham defended Bradley, and also said Winters used profanities.

"In 26 years of baseball, I can honestly say that's the most disconcerting conversation I have ever heard from an umpire to a player," Meacham said. "It was almost like he wanted to agitate the whole thing. He wanted to get Milton boiling for some reason. Milton, he held his cool. I was just appalled."

Padres CEO Sandy Alderson, a former general manager and president of the Oakland Athletics, said he'd never seen a player injured like that.

Asked about Black's actions, though, Alderson said: "But as far as I'm concerned, it was necessary."

Alderson used to work in the commissioner's office, where one of his duties was overseeing umpires.

"We're not going to sit by and see an umpire bait a player," Alderson said. He added that if the commissioner's office concludes the situation was handled appropriately, "I'll be shocked."

Alderson and general manager Kevin Towers didn't immediately return calls seeking comment on Monday.

AP Baseball Writer Ronald Blum in New York contributed to this report.

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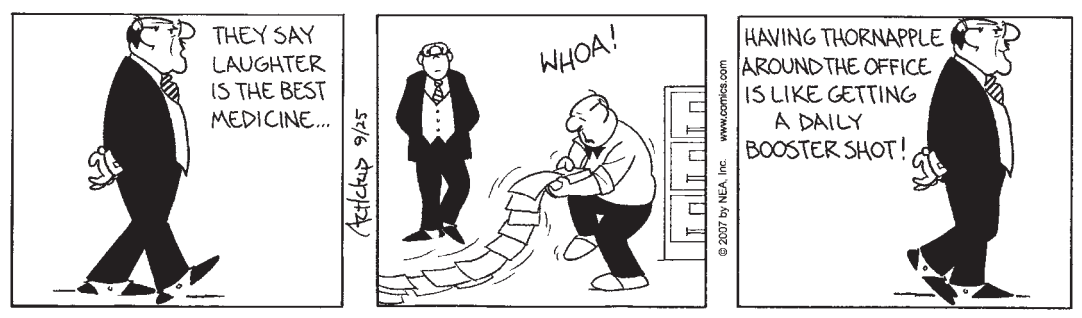
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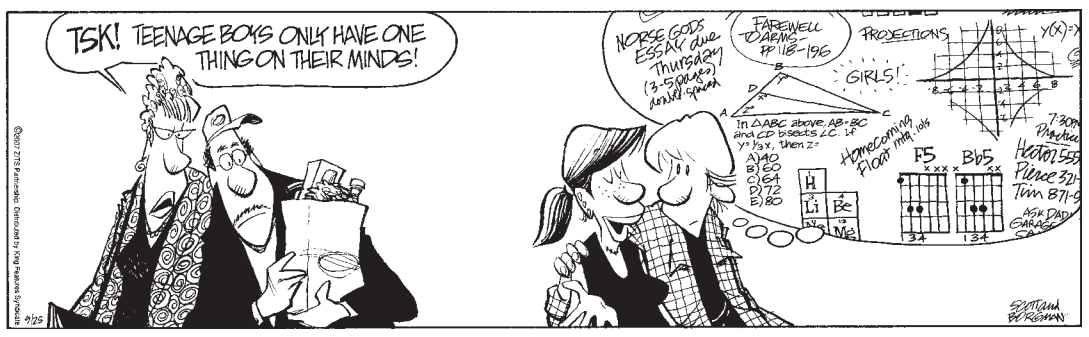
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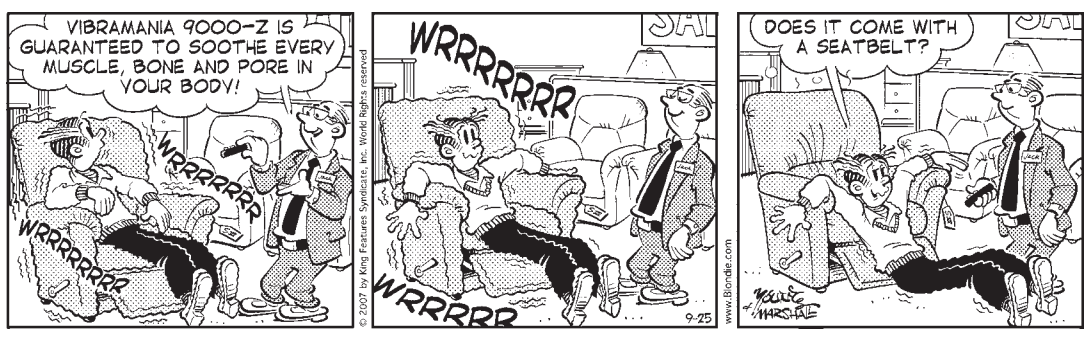
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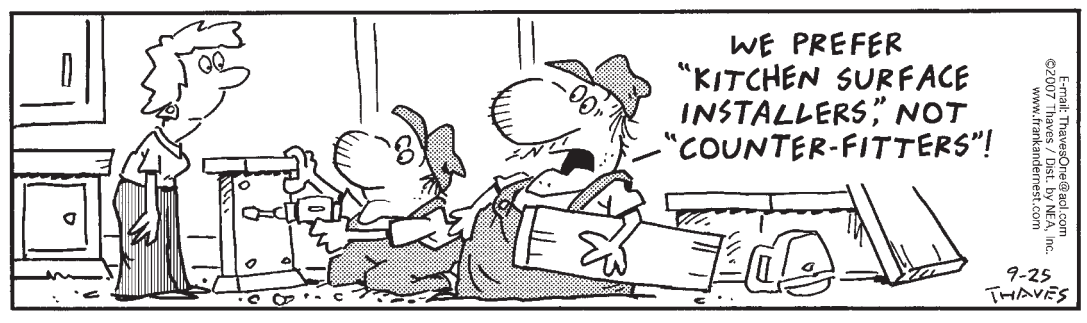
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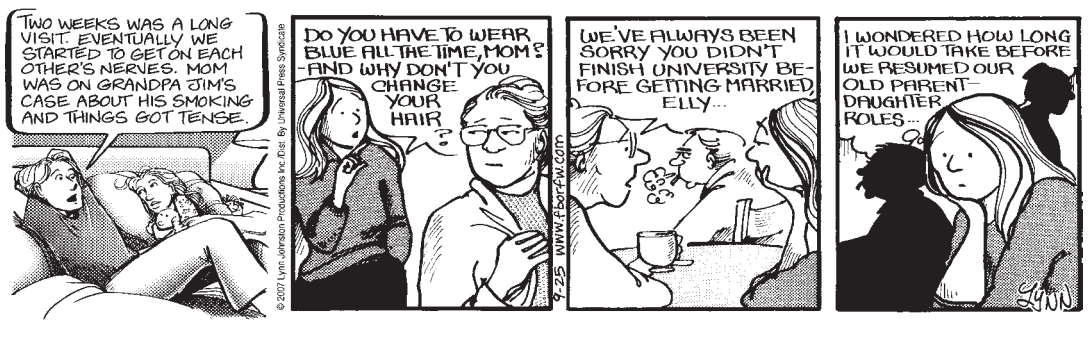
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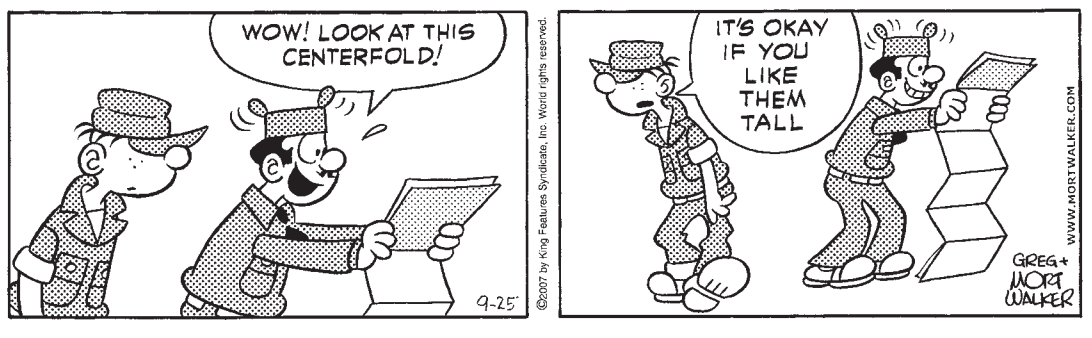
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Datebook: Tuesday, Sept. 25, 2007

Today is the 268th day of 2007 and the 3rd day of autumn.

TODAY'S HISTORY: In 1513, conquistador Vasco Nunez de Balboa became the first European to see the Pacific Ocean.

In 1789, Congress approved 12 amendments to the Constitution and submitted them to the states for ratification.

In 1957, black students were admitted to Central High School in Little Rock, Ark., for the first time.

TODAY'S BIRTHDAYS: William Faulkner (1897-1962), novelist; "Red" Smith (1905-1982), sportswriter; Phil Rizzuto (1917-2007), baseball player/broadcaster; Barbara Walters (1929-), TV journalist, is 78; Michael Douglas (1944-), actor, is 63; Christopher Reeve (1952-2004); Scottie Pippen (1965-), basketball player, is 42; Will Smith (1968-), actor/rapper, is 39; Catherine Zeta-Jones (1969-), actress, is 38.

TODAY'S SPORTS: In 1882, Providence and Worcester competed in Major League Baseball's first doubleheader.

TODAY'S QUOTE: "Facts and truth really don't have much to do with each other." -- William Faulkner

TODAY'S FACT: William Faulkner's great-grandfather, Civil War Col. William Clark Falkner, wrote the popular romance novel "The White Rose of Memphis."

TODAY'S MOON: Between first quarter (Sept. 19) and full moon (Sept. 26).



ASTROGRAPH

By Bernice Bede Osol

Your Birthday

Wednesday, Sept. 26, 2007

In the year ahead, you could find yourself being dragged into a reluctant partnership arrangement with someone you may not like too well. Even though it may not be what you want, it could generate collective benefits.

LIBRA (Sept. 23-Oct. 23) -- It's good to be an individualist, but it is equally important to be cooperative when the occasion calls for it. If you're self-serving, others will emulate your behavior and none will benefit.

SCORPIO (Oct. 24-Nov. 22) -- You have the ability to achieve many important objectives, but you could risk spreading yourself too thin. Managing a couple of things simultaneously may not be your strong suit.

SAGITTARIUS (Nov. 23-Dec. 21) -- Be particularly selective regarding the topic of your conversations with friends, or you could touch on something that unleashes a heated debate. Steer clear of subjects of opposing opinions.

CAPRICORN (Dec. 22-Jan. 19) -- Getting along with persons from all walks of life could be your strong suit. However, this admirable quality might not spill over into dealing with authority figures. Be tactful and careful.

AQUARIUS (Jan. 20-Feb. 19) -- Just because something works well for you doesn't mean it will do the same for others. Don't try to force your procedures or methods on reluctant companions who want to do things differently.

PISCES (Feb. 20-March 20) -- You might be quite skilled at bringing in the bucks, but, sadly, you'll have little discipline in the management of those resources. Don't let what you acquire easily slip through your fingers.

ARIES (March 21-April 19) -- Being a take-charge person comes naturally to you, but you must be careful that you don't ruffle the feathers of companions who may want to express their individuality as well.

TAURUS (April 20-May 20) -- Your associates will be helpful, but only to a limited degree. Limit your request to jobs too big for one person to handle, but don't ask them to do things you can easily do yourself.

GEMINI (May 21-June 20) -- Disappointment never comes from hopes based on realistic premises, but you could be severely disappointed when your expectations are predicated upon thinking you'll get a free ride.

CANCER (June 21-July 22) -- Conditions that have to do with your work or career could be rather complex. You could profit in one instance, only to be penalized in another. Handle each with the same graciousness.

LEO (July 23-Aug. 22) -- You'll be a most delightful person to be around, provided no one challenges your ideas, opinions or methods. Those who dare might see quite another side of your personality.

VIRGO (Aug. 23-Sept. 22) -- Be exceptionally cautious in your dealings with others, especially if money is involved. Make certain everyone antes up the same amount when pitching in for a mutual interest.

Know where to look for romance and you'll find it. Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Send for yours by mailing $3 to Matchmaker, c/o this newspaper, P.O. Box 167, Wickliffe, OH 44092-0167.



TIME OUT

Editor: Chris McCartney, 468-3524 The Ukiah Daily Journal udj@pacific.net

Puzzlers

ACROSS

1 Fast-food chain
4 Holds gently
8 Mr. Parse-ghian
11 Not me
12 Sharif of the movies
13 No different
15 Rule opposed by Gandhi
16 Fiesta bands
18 Remote
20 Fire engine gear
21 Whiskey grain
23 Fix the table
24 Ordered
27 "— Zapata!"
29 Honor society letter
32 Porter and stout
33 Matured
34 Left in a hurry
35 Rear-end
36 Singer Billy —
37 Talked into
38 Sci. class
39 A Bobbsey twin
40 Uncertain
41 Marry
42 Joule fraction
44 Sorenstam rival
47 Beneath
51 Lobster —
55 Charlotte of "Bananas"
56 Civil wrong
57 Fizzy beverage
58 Future fish
59 Oompah- —
60 Shoe part
61 Vim and vigor

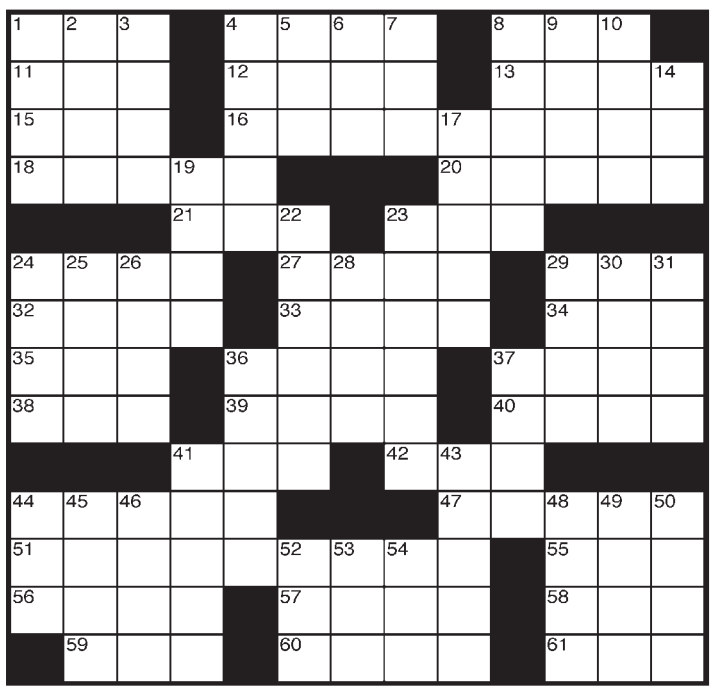
DOWN

1 Actress — Sedgwick
2 Farm newborn
3 Stephen King dog
4 Cozy
5 Ms. Thurman
6 Standard
7 Delhi address
8 Cravat kin
9 Bleacher shouts
10 Jacques' girl
14 Winding curve
17 In front
19 Crude metals
22 Sidestepped
23 Lithe
24 Fishhook part
25 Kirghiz range
26 Promo tape
28 1939 Lugosi role
29 Faculty mem.
30 Two quarters
31 Memorial Day race
36 Steel girder (hyph.)
37 Pisces or Libra
41 Usefulness
43 Rustic
44 Slugger Mel —
45 Karate blow
46 Jealous goddess
48 Plummet
49 Icicle site
50 Gather in, as crops
52 I, in Berlin
53 Mother rabbit
54 Bullring yell

Answer to Previous Puzzle

P	R	O			B	Y	A			W	O	W
I	O	N		C	R	A	C	K		I	D	A
P	I	T		H	I	K	E	R		N	I	L
S	L	O	G	A	N	S		A	N	G	E	L
			R	O	Y		O	F	A			
R	A	V	E	S		L	A	T	E	R	A	L
O	B	E	Y		A	O	K			E	G	O
B	E	E			C	B	S		H	A	U	S
S	T	R	A	N	D	S		A	U	R	A	S
			P	A	C		A	R	T			
A	M	B	E	R		K	I	S	S	E	R	S
L	E	A		C	O	N	D	O		P	U	P
O	R	B		S	H	E	E	N		E	T	A
E	V	E			M	E	D			E	H	S

GET MORE in the new "Just Right Crossword Puzzles" series from Quill Driver. Call 800-605-7176.



9-25

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THE LEARNING CHALLENGER

by Robert Barnett

DIRECTIONS:

A. Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each ADD to numbers inside thick lined cells.

B. Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.

C. After you have solved the "Order Grid" doing as direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

CHAOS GRID

32 R	13 U	12 R	12 G
24 K	24 O	1 C	2 P
13 N	1 A	0 T	12 I
20 S	13 P	21 O	32 B

CLUE: AEGIS

ORDER GRID

				58
	13 N			58
12 R		13 U		58
			0 T	58
58	58	58	58	58

9/25/2007

DECODED MESSAGE:

ANSWERS IN NEXT EDITION

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Answers to Previous *Learning Challenger*

KEEPER OF THE FLAME

33 K	9 E	7 E	23 P
-3 E	33 R	34 O	8 F
30 T	3 H	2 E	37 F
12 L	27 A	29 M	4 E

9/24/2007

Run in papers of Tuesday, Sept. 25, 2007

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: H equals K

"B ANJBY RBK INC CN DNMV B EBL JBY NYTV NP CASTV SY RVP DSXV, CN EV CRBYHXWD XNP B INNL NYV." - YNMVDSKC JBPFNPSV PBADSYIK

PREVIOUS SOLUTION — "They say nobody is perfect. Then they tell us practice makes perfect. I wish they'd make up their minds." - Wilt Chamberlain

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JUMBLE®

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

AFTEC

WOREC

TOOSHE

JUDATS



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www.jumble.com

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

A: IT " "

(Answers tomorrow)

Yesterday's Jumbles: YODEL FILMY JUSTLY SNAPPY
Answer: How the hunter stalked his prey when he lost his rifle scope — "AIMLESSLY"

Young grandparents are not visiting the grandchildren

ANNIE'S MAILBOX

By Kathy Mitchell and Marcy Sugar

Dear Annie: I am the only one of my siblings who is out of the house and married with children. I live relatively close to my parents. The problem is, I feel as if they no longer consider me their daughter. They don't visit or invite us to come over, go swimming, have dinner, etc. I am usually the one who has to call them. Dad rarely phones, and Mom will call only if I don't get in touch for a few days. We only get together for birthdays and holidays.

My children have played sports for several seasons, and I've invited my parents to watch them on numerous occasions, but they are always too busy. When my son graduated preschool, my parents managed to find an excuse not to make it.

My parents are truly missing out when it comes to their grandchildren. The really sad part is that I have a younger brother who is close in age to my children and they love to spend time together, but it happens rarely.

I've expressed my frustration to my parents many times, but it doesn't matter. It really hurts when they exclude me. Am I wrong to expect them to want to have quality time with me and my family? My children are too young now to understand, but how will I explain it to them later when they ask why Grandma and Grandpa aren't interested in them? -- A.A.

Dear A.A.: Your parents may feel they are too young to be grandparents and don't want to be reminded, they could mistakenly believe they are doing you a favor by not being too involved in your married life, or they may be busy with their other young children. Regardless, you need to make it clear that they are doing damage they may not be able to fix later -- not only in their relationship with their grandchildren, but also with you. Please continue to call and invite them to your children's events, but don't expect too much in return. (We hope your husband's parents are close to your children.)

Dear Annie: I'm a foreign language tutor and translator. I love my job, but very often, when people find out what I do, they ask me how to say something in a certain language or they try to start a conversation with me in one of my languages.

Out of the context of my work environment, I feel put on the spot. I usually have my mind on something else, and I also don't want to appear as though I'm showing off. What is an effective response to these queries? -- Put on the Hot Seat

Dear Hot Seat: You wouldn't be showing off to display your knowledge when asked. However, if you are embarrassed or annoyed by such questions, it's OK to smile politely and say, "I'm off-duty now. I hope you don't mind if we stick to English."

Dear Annie: I read another letter in your column from a woman who can't seem to find a man to make her happy. I'm 61, a widow, self-sufficient with two beautiful daughters who have given me seven wonderful grandchildren. The men I have dated have been needy, self-absorbed, selfish, egotistical, stingy, lying, homicidal (he wanted to do away with an ex), bombastic, pontificating jackasses. What happens to men in their 50s, 60s and 70s? Is it some sort of by-product of global warming?

I spent the last few years of my 32-year marriage trying to "fix" myself with therapy and antidepressants, while my husband continued to drink his fifth of vodka, with no worries and no job. Finally, one day I said, "Who needs this?" and left.

Ladies, men will not make you happy, only you can do that. Life is what you make of it. If you happen to find that rare specimen who makes you happy, you won the lottery. I'm not bitter, just wiser. -- Peace in the 60s

Dear Peace: Not all men are like the ones you've dated, but we agree that no woman should believe she needs a man to be happy. Thanks for your words of experience.

TUESDAY EVENING

9/25/07	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
BROADCAST CHANNELS											
2	News	Friends	Friends	Seinfeld	Bones (N) CC		House "Alone" (N) CC		Ten O'clock News (N)		Seinfeld
4	News (N)		Extra (N)	Hollywood	The Biggest Loser (N) CC				Law & Order: SVU		News (N)
5	News (N) CC		Eye-Bay	Judge J.	NCIS "Bury Your Dead"		The Unit (N) CC		Cane "Pilot" (N) CC		News (N)
6	News (N) CC		Jeopardy!	Fortune	Dancing With the Stars CC		Boston Legal (N) CC				News (N)
6	News-Lehrer		Calif. Gold	Europe	The War "A Deadly Calling" (N) CC				The War "A Deadly Calling" CC		
8	Paparazzi		Alma Gemela		Película se Anunciará				Alma Gemela		Night Show
9	News-Lehrer		Business	Quest	The War "A Deadly Calling" (N) CC				Kornbluth	The War CC	
20	Fresh Pr.	My Wife	My Wife	Jim	Law Order: CI		News		Jim	Married...	Reno 911!
36	MLB Baseball		'70s Show	TMZ (N)	Cops CC	Cops CC	Seinfeld	'70s Show	Frasier	Frasier	TMZ CC
40	Family Guy	Seinfeld	Two Men	Raymond	Bones (N) CC		House "Alone" (N) CC		News (N) CC		Two Men
44	Lopez	Simpsons	Simpsons	Two Men	Beauty and the Geek		Reaper "Pilot" (N) CC		Family Guy	Family Guy	Two Men
50	The Insider	Entertain	Still Stnd	Still Stnd	Raymond	Raymond	Frasier	Frasier	The Insider	Entertain	Blind Date
CABLE CHANNELS											
A&E	Cold Case Files CC		CSI: Miami CC		Dog the Bounty Hunter		Dog	Dog	Angel	Angel	Angel
AMC	(5:00) **Movie: ★★★ "The Firm"** (1993) Tom Cruise.				**Movie: ★★★ "A Bronx Tale"** (1993) Robert De Niro. CC						**"Pret**
COM	**"Naked Gun"**		Scrubs	Scrubs	Daily Show	Colbert	Mencia	South Park	Jeff Dunham		Daily Show
DISC	Cash Cab	Cash Cab	Mega Builders CC		Dirty Jobs CC		Dirty Jobs CC		How-Made	How-Made	Dirty Jobs
DISN	Life Derek	Life Derek	Montana	Suite Life	**Movie: ★★ "The Thirteenth Year"** (1999) CC				So Raven	Life Derek	Suite Life
ESPN	Series of Poker		The Contender (N)		SportsCenter (Live) CC		Baseball	NFL Live	SportsCenter (Live) CC		SportsCtr.
FAM	8 Rules	8 Rules	Grounded	Grounded	Lincoln Heights (N) CC		**Movie: ★★ "A Cinderella Story"** (2004) CC				700 Club
FSB	Final Score	Shark Byte	MLB Baseball San Diego Padres at San Francisco Giants. (Live)						Final Score	Final Score	Sports
LIFE	Reba CC	Reba CC	Still Stnd	Still Stnd	Reba CC	Reba CC	**Movie: ★½ "I Accuse"** (2003) John Hannah.				Will-Grace
NICK	Zoey 101	School	School	Drake	SpongeBob	Drake	Home Imp.	Home Imp.	Lopez	Lopez	Fresh Pr.
SCI FI	Eureka (N) CC		ECW (Live)		Halo 3	Flash Gordon CC		Eureka CC		Twilight Z.	The X-Files
TBS	Friends	Raymond	Raymond	Raymond	Family Guy	Family Guy	Family Guy	Family Guy	The Office	The Office	Sex & City
TNN	CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: NY
TNT	Law & Order CC (DVS)		Law & Order CC (DVS)		Cold Case "Family"		Cold Case CC		Cold Case "Bad Night"		Cold Case
USA	Law Order: CI		Law & Order: SVU		**Movie: ★★★ "The Bourne Identity"** (2002) Matt Damon. CC						Law SVU
WGN	Funniest	Funniest	WGN News at Nine (N)		Scrubs	Scrubs	Corner Gas	Becker	America's Funniest		Wilkos
PREMIUM CHANNELS											
HBO	(:15) **Movie: ★★ "Accepted"** (2006) 'PG-13'				Little Rock Central		Brave One	Countdown	Tell Me You Love Me		Tell Me
MAX	**"Bachelor"**	**Movie: ★ "The Return"** (2006)			**Movie: ★★★ "Lethal Weapon"** (1987) 'R'				**Movie: ★★★½ "King Kong"**		
SHOW	**Movie: ★★½ "The Longest Yard"** (2005)				**Movie: ★★½ "Last Holiday"** (2006) 'PG-13'				Weeds	Weeds	Californ

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New classified ads, corrections & cancellations is 2:00 p.m. the day before publication.Sunday and Monday edition deadline is Friday at 2:30.
Payment
All advertising must be paid in advance unless credit account has been established. Master-Card & Visa are accepted.
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When placing your ad, always ask for the ad to be repeated back to you. Check your ad for any errors the FIRST DAY. The Ukiah Daily Journal will be responsible for only one incorrect insertion & no greater extent than the cost of the space occupied.

















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210...Business Opportunities
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230...Money Wanted
240...Investments
250...Business Rentals

Rentals
300...Apartments Unfurnished
310...Apartments Furnished
320...Duplexes
330...Homes for Rent
340...Vacation Rentals
350...Rooms for Rent
360...Rest Homes
370...Wanted to Rent
380...Wanted to Share Rent
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470...Antiques
475...Computers
480...Miscellaneous for Sale
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726-07
9-25,10-2,9/07

NOTICE OF TRUSTEE'S SALE

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED March 31, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE, IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On **October 17, 2007**, at the hour of **10:00 a.m.**, at the main entrance to the Mendocino County Courthouse, located at 100 North State Street, City of Ukiah, County of Mendocino, State of California, PRIME PACIFIC, a corporation, as Trustee will sell at public auction, to the highest bidder for cash in lawful money of the United States, all payable at the time of sale, real property situated in the County of Mendocino, State of California, commonly known as 1301 Talmage Road, Ukiah, California (APN: 181-070-04), and is more particularly described in Exhibit "A" attached hereto. I

If a street address or common designation of property is shown in this notice, no warranty is given as to its completeness or correctness. The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein.

The total amount of the unpaid obligation, together with reasonable estimate of the costs, expenses and advances at the time of the initial publication of this notice is $$141,639.60. It is possible that at the time of sale the opening bid may be less than the total indebtedness due.

The sale will be made without covenant or warranty regarding title, possession, or encumbrances to satisfy the obligation secured by and pursuant to the power of the sale conferred in that certain Deed of Trust executed by JOHN E. HICKS and ROSALENE HICKS, husband and wife as Joint Tenants, as Trustor, to RICHARD P. SELZER, as Trustee, for the benefit and security of PROSPECTOR FUND, a California Limited Partnership, as Beneficiary, dated March 31, 2006, and recorded April 5, 2006, in Document No. 2006-06304, Official Records of Mendocino County, and said property will be sold "as is" and no warranty or representation is made concerning its present condition.

PRIME PACIFIC was substituted as trustee under that certain document recorded April 11, 2007, in Document No. 2007-06769, Official Records of Mendocino County.

The address and telephone number of the trustee is: PRIME PACIFIC, Post Office Box 177, 445 North State Street, Ukiah, California 95482; Telephone: (707) 468-5300.

Notice of Default and election to sell the described real property under the mentioned deed of trust was recorded on April 11, 2007, in Document No. 2007-06770, Official Records of Mendocino County.

The name, address, and telephone number of the Beneficiary (or Beneficiary's agent) at whose request this sale is to be conducted is: PROSPECTOR FUND, 417-A Talmage Road, Ukiah, California 95482, telephone: (707) 468-8951.

Dated: September 19, 2007 PRIME PACIFIC, INC. By: MARY F. MORRIS No. PF-07-02F President - Trustee

EXHIBIT 'A'
LEGAL DESCRIPTION

The land referred to herein is described as follows:

All that certain real property situate, lying and being in the unincorporated area, County of Mendocino, State of California, more particularly described as follows:

Beginning at the Northerly terminus of the Westerly line of Lot 144 of Yokayo Rancho (also known as F-F); thence South 87º 06' 12" East, 983.92 feet; thence South 89º 28' East, 608.19 feet; thence along a curve to the right and tangent to last preceding course with radius of 14.95 feet through an angle of 0º 18' 48" a distance of 81.80 feet to and for the point of beginning of this description; thence along the Southerly boundary of State Highway No. 70 as described in Deed from Ralph E. and Catherine McGill, dated March 14, 1951, recorded in Volume 272 at page 469, Mendocino County Records; thence from a tangent that bears South 89º 09' 44" a distance of 125.00 feet; thence leaving the boundary of said State Highway, South 0º 38' West, 139.31 feet; thence North 85º 55' West, 125.22 feet; thence North 0º 38' East, 133.08 feet to the point of beginning.

APN: 181-070-04

PUBLIC NOTICE

730-07
9-25,28,10-2/07

NOTICE OF PETITION TO ADMINISTER ESTATE
CASE NO.: SCUK CVPB '07 25099

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **PATRICIA GREGSON aka PATRICIA M. GREGSON aka PATRICIA MAY GREGSON aka PATTY GREGSON A PETITION FOR PROBATE** has been filed by: **PETER R. GREGSON** in the Superior Court of California, County of Mendocino.

THE PETITION FOR PROBATE requests that: **PETER R. GREGSON** be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the *Independent Administration of Estates Act.* (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action). The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on **October 12, 2007** at **9:30 a.m.** in **Dept.: E,** located at: **MENDOCINO COUNTY COURTHOUSE, 100 N. State Street, Ukiah, CA 95482**

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court *before* the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a *Request for Special Notice* (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A *Request for Special Notice* form is available from the court clerk.

ATTORNEY FOR PETITIONER:
Phillip M. Vannucci
444 North State St.
Ukiah, CA 95482
707-462-6694

PUBLIC NOTICE

712-07
9-25,10-2,9,16/07

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME
Case No. **SCUKCVPT '0799919**
SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482
IN THE MATTER OF THE APPLICATION OF: **Jenny Louise Ruoff**
THE COURT FINDS that Petitioner(s) **Jenny Louise Ruoff** has/have filed a Petition for Change of Applicant(s)' name FROM **Jenny Louise Ruoff**
TO **Jasmine Louise Ruoff**
THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:
HEARING DATE: **10-26-2007** at **9:30 a.m**. in **Dept E,** located at **Court House, 100 N. State Street, Ukiah, California 95482**
Dated: **Sept. 10, 2007**
/s/Richad L. Henderson
RICHARD L. HENDERSON
Judge of the Superior Court

PUBLIC NOTICE

661-07
9-12,15,20,25/07

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME
Case No. **SCUK CVPT '0799831**
SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482
IN THE MATTER OF THE APPLICATION OF: **MICHELLE LOIS BETTS, JERRY ROBERT BETTS**
THE COURT FINDS that Petitioner**(s) MICHELLE LOIS BETTS, JERRY ROBERT BETTS** has/have filed a Petition for Change of Applicant(s)' name FROM **Michelle Lois Betts, Jerry Robert Betts**
TO **Michelle Lois Jackson, .Jerry Robert Jackson**
THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:
HEARING DATE: **Oct. 5, 2007** at **9:30 a.m**. in **Dept E,** located at **Court House, 100 N. State Street, Ukiah, California 95482**
Dated: **Aug. 22, 2007**
/s/Richard J. Henderson
RICHARD J. HENDERSON
Judge of the Superior Court

687-07
9-4,11,18,25/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0470
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **MI PUEBLITO RANCHO, INC.**
1252 C1 Airport Park Blvd.
Ukiah, CA 95482
Mi Pueblito Rancho, Inc.
1252 C1 Airport Park Blvd.
Ukiah, CA 95482
This business is conducted by **a Limited Liability Company.** The registrants commenced to transact business under the fictitious business name or names listed above on **Jan., 7, 2007.** Endorsed-Filed on **July 9, 2007** at the Mendocino County Clerks Office.
/s/Ana Perez
ANA PEREZ
CEO

717-07
9-18,25,10-2,9/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0638
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **WORLDS LARGEST REDWOOD TREE GAS STATION MUSEUM & GALLERY**
580 No. State St.
Ukiah, CA 95482
Edwin Paul Allen, Jr.
3800 No. State St. #116
Ukiah, CA 95482
This business is conducted by **an Individual.** The registrant commenced to transact business under the fictitious business name or names listed above on **Sept. 17, 2007.** Endorsed-Filed on **9/17/2007** at the Mendocino County Clerks Office.
/s/Edwin Paul Allen Jr.
EDWIN PAUL ALLEN JR.

PUBLIC NOTICE

703-07
9-11,18,25,10-2/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0618
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **NORTH FORK CAFE, COVELO JOE - MOBILE TRAILER (COFFEE) MENDO CO.**
76365 Covelo Rd.
Covelo, CA 95428
James Denny
.
PO Box 333, 23731 Howard St.
Covelo, CA 95428
This business is conducted by **Husband & Wife.** The registrants commenced to transact business under the fictitious business name or names listed above on **Sept. 10, 2007.** Endorsed-Filed on **Sept. 10, 2007** at the Mendocino County Clerks Office.
/s/James Denny
Lopiano
JAMES DENNY
LOPIANO

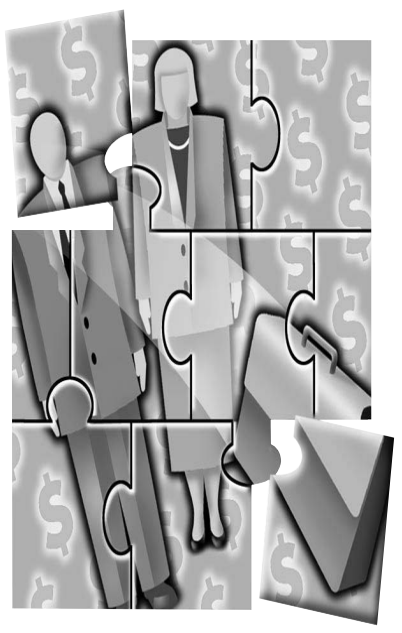
PUBLIC NOTICE

731-07
9-25,10-2,9,16/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0646
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **LARGO RUDDICK RANCH, LARGO RIDGE VINEYARDS, RIVER BEND ORCHARD.**
8801 Old River Road
Ukiah, CA 95482
Redwood Empire Packing, Inc.
8801 Old River Road
Ukiah, CA 95482
This business is conducted by **a Corporation. State of incorporation: California.** The registrant commenced to transact business under the fictitious business name or names listed above on **Sept. 19, 2007.** Endorsed-Filed on **Sept. 19, 2007** at the Mendocino County Clerks Office.
/s/Sharon G. Ruddick
SHARON G.
RUDDICK
TREASURER

Solve the People Puzzle

When you're looking for the perfect match, check out all we offer in the classifieds.



Find the perfect fit for any job with the classifieds.
Call **468-3500** and see how easy it is to put all your recruitment pieces together in the classifieds.

468-3500
The Ukiah DAILY JOURNAL

PUBLIC NOTICE

702-07
9-11,18,25,10-2/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0586
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **C.O.R.E. PHYSICAL THERAPY**
195 Seminary Ave
Ukiah, CA 95482
Sara Bogner
485 Todd Rd
Ukiah, CA 95482
This business is conducted by **an Individual.** The registrant commenced to transact business under the fictitious business name or names listed above on **8-27-2007.** Endorsed-Filed on **08/27/2007** at the Mendocino County Clerks Office.
/s/Sara Bogner
SARA BOGNER

10 NOTICES

ADOPTIONS & FOSTER CARE
TLC Child & Family Services seeks families. Reimbursement, training & professional support provided. 463-1100 #236800809

CONSIDERING ADOPTION?
We match Birthmothers with Families nationwide. Living Expenses Paid. Toll Free 24/7 Abby's One True Gift Adoptions.

20 PERSONALS

Anyone who knows the where abouts of Diane Sue Bench or Casey Rhinn Gil-strap please contact Teena at 705-943-6101 or email me with a number i can call you at gil-strapt@hotmail.com

30 LOST & FOUND

I am a meduim hair grey and white cat with a lovely red collar with rinestones. How can I be lost and at the Ukiah shelter? I was found on the 600 block of N. Oak on 8/24. If I am yours please come and get me. I miss you. Call Sage at 298 Plant Rd



I am your basic med-size male brown dog. I seem like a nice guy and do not know how I got myself in this fix. But it is true, after being found on Milani Dr on 9/20 and I was brought to "doggie jail"! So now I sit with 50 other, mostly lost dogs, hoping and hoping my human will find me. I wonder where the people are that own all these dogs! Lost me or another dog? Come to the Ukiah Shelter 298 Plant Rd or call Sage at 467-6453



On 9/20 I was running really, really fast. I was sure no one would catch me.
In, out and under those trailers at the trailer park on E. Gobbi and then, drat I was caught. I am a small guy about 3 years old, brown. At least I
will have food and water at the shelter even if my running days are over.
Come find me at 298 Plant Rd or call Sage at 467-6453. If not found, on 9/26 I can be adopted.

Looking for the best coverage of the local arts & entertainment scene?
The Ukiah DAILY JOURNAL

30 LOST & FOUND



LOST Scott & School St. 9/13. Female short hair cat. Teddy bear Siamese, blue eyes, has chip. 1yr old. Ara 707-468-8970



On the evening of 9/18 we thought we would go play at Oak Manor Park. There was a nice man there so we followed him home and spent the night in his yard. One of us is mostly black and a male and the other a female brown and black dog with one blue eye. We are really afraid at the Ukiah Shelter 298 Plant Rd and hope our humans see this ad and comes and gets us! or calls Sage 467-6453

70 TRAVEL OPPORTUNITIES

TIMESHARE!!! PAYING TOO MUCH 4 maintenance fees and taxes? Sell/rent your timeshare for cash. No Commissions/Broker Fees. 1-877-868-1931. www.VPResales.com

120 HELP WANTED

A COOL TRAVEL job. Now hiring motivated sharp individuals to work and travel entire USA. Paid training. Transportation, lodging furnished. Call today, Start today. 1-877-646-5050

AGRICULTURAL TECHNICIAN
MENDOCINO COLLEGE
Ukiah Campus
mendocino.edu
468-3024

ASSISTANT COOK
Must be exp. Pre-employment physical & drug testing req'd. Dental, Vision, Medical benefits. Free co-op child care. **Apply Trinity School 915 W. Church St. Ukiah**

Attention CDL Drivers - Growing Carrier w/Solid Customer Base Needing Great Quality Drivers! We listen. We Pay Attention. Call McKELVEY now 1-800-410-6255

Banking
The Savings Bank of Mendocino County is seeking applications for a part-time **Human Resources Clerk.** General duties include records management in payroll, time & attendance, data entry insurance & other department production systems. Previous experience with in-house payroll systems, time & attendance & report writing preferable. Must be detail oriented & have the ability to multi-task on daily basis in a highly confidential environment. Exceptional positive interpersonal skills required. Apply at Savings Bank of Mendocino County, 200 N. School St. Ukiah, CA 95482. Deadline to apply: Tuesday, September 25th, 2007 at 4pm EEO/AA m/f/v/d.

$60,000+ annual earning potential .
CLASS A DRIVERS
Join Our Professional Driving Team
A local petroleum distributor is currently seeking qualified Applicants will need to have full endorsements, clean DMV, current medical card. Positions are F/T, year-round. Bonus program, health benefits, 401(k) holiday, vacation pay. **Please apply in person at 2401 N. State St. Ukiah 707-462-8811**

BARTENDER
FT w/ benefits. $9- $10/hr DOEQ
Mendocino Brewing Co's Hopland Ale House.
13351 S. Hwy 101
Hopland - christa@mendobrew.com

Boutique-Hopland winery seeks P/T or F/T staffer to handle office ops, mktg/sales projects, website mgmt, inventory, rcptn/secr.duties. 4 yrs. office exp. req. 2 or 4 yr. degree prf. Strong computer, math, oral, written skills req. Flex sched/exc wrkg environ. Email resume w/salary hist. to info@saracina.com or fax 707-744-1472

Caregiver for mental health facility. PT & fill in. Various shifts **$8-$10/hr. 467-0911**

Century 21 Les Ryan Property Management
Receptionist Position
Busy Property Mngmnt Office
Seeking professional receptionist. Good communication & phone skills are a must! Pay Neg. DOE.
Bring resume to 495 E. Perkins St. Suite C Ukiah, Ca.

CLASS A TRUCK DRIVER
Energetic go-getter with excellent people skills wanted to deliver to high tech. industries in the greater bay area. Must have knowledge of vicinity. Min. 5 yrs. driving exp. & clean record. Good pay & benefits.
Respond via e-mail jobs@metalfx.com or send resume to METALfx, 300 E. Hill Rd. Willits, CA 95490

Classified Representative position available. Approximately 32 hours week. No weekends. Must have great customer service skills, excellent phone skills, good spelling and typing abilities. Must be reliable, self motivated and able to pass drug & background check. Starting pay $8.50 hour plus commission. Some benefits.
Pick up application
HOMETOWN SHOPPER
194 Ford Rd. Ukiah or call Pam 467-9111

CNA
All shifts available. Apply in person 1162 S. Dora. St. Hire on bonus!

Companion/Driver for 26 y/o male. Head injury. Varied hrs. Reliable car. 463-2587

Delivery Driver
Energetic, organized, individual for full time delivery position at **Schat's Bakery. Apply within at 113 W. Perkins St.**
Ask for Zach or Lisa

Bail Agent Trainee
Licensed Bail Agent and Agent Trainee, Willing to train. Bilingual a plus. Resumes to Jobs@twojinn.com

Design Draftsperson for SHN in Willits, CA to work on projects that include land devel., water resources, underground utility layout, grading and drainage. 2yrs + exp. civil drafting & AutoCAD. (EOE) Visit www.shn-engr.com for more info. Email letter of interest and resume to: tbaker@ shn-engr.com

Direct Care Work No Experience Needed!!
Morning, evening, graveyard. Drug test required, no test for cannabis, good DMV. Personal care, cooking, cleaning, driving and providing living skills training to adults with developmental disabilities. Three 6 bed group homes, established in 1988. Call for interview 485-5168, 485-0165, 468-0602.

DRIVE for the **INDUSTRY LEADER!** Great Pay, Benefits. Weekly home time. Top of the line equipment. No CDL? No problem! Apply online www.CREngland.com. Call 1-866-917-7396

DRIVER-$5K SIGN-ON Bonus for Experienced Teams: Dry Van & Temp Control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE.

DRIVER-CDL Training $0 down, financing by Central Refrigerated. Drive for Central, earn up to $40k+ 1st year! 1-800-587-0029 x4779. www.Central DrivingJobs.net

Driver: Don't just start your career, start it right. Company sponsored CDL training in 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! wgreen@crst.com 1-800-781-2778.

DRIVER: The respect that you deserve...Get it at Swift! Swift offers excellent miles, compensation, regional and dedicated runs. No experience necessary! Training available. 1-866-476-6828. www.SwiftTruckingJobs .com. EOE

DRIVERS...ASAP! $1000+ Weekly. 36-43cpm/$1.20pm. $0 Lease NEW Trucks. Teams welcome. CDL-A + 3mos OTR. 1-800-635-8669

Front Desk/Night Auditor. Apply in person Holiday Inn Express, 1720 N. State St. Ukiah

HALLMARK/AMERICAN GREETINGS. Be your own Boss. Earn $50-$250k/yr. Call now: 1-800-871-7891 24/7

Housing Officer/ Project Manager
Manage construction projects and Tribal Housing Program. Must have 3-5 yrs exp. E-mail or call hr@hoplandtribe.com or 707-744-1647 ext 1341

IMMEDIATE OPENING for Office Mgr. Full charge, Payroll, PR taxes, payables, bank reconciliations, health insurance, phones, mail. Must be highly exp. in MS Word, Excel and cost acctg. Heavy data entry. 35 hr/wk. Full benefits. Mail resume to 10751-B Main St., Potter Valley 95469 wvms@pacific.net or fax 743-1455

Exp. Caregiver needed 6pm - midnight Mon. & Tues. $10 hr. 485-0864

IT ALL ADDS UP
The Ukiah Daily Journal has now partnered with Yahoo! HotJobs to bring you more Ukiah Area jobs at: ukiahdaily journal.com
The Ukiah DAILY JOURNAL
YAHOO! hotjobs

L.I.F.E. Services
We have an exciting new position for the right person. We provide training, competitive wages & excel. benefits. Work Mon.-Fri. w/paid holidays.
Apply at 990 S. Dora St. Ukiah.

Licensed Vocational Nurse
Little Lake Health Center, F/T licensed LVN. Spanish speaking pref. Competitive salary DOE.
Great benefits!
Fax: 468-0793
skenney@mchcinc.org
www.mchcinc.org

LICENSED NURSES & CNA'S We have openings on our team. A $1500 hire on bonus is available for full-time LVN's or RN's. Please contact Lakeport Skilled Nursing Center. 263-6101

LOOKING FOR SALESPERSON
Retail exp. a must. Ask for Jimmy. Apply at Motosports of Ukiah. 1850 N. State

MAINT/SERVICE TECH TRAINEE
Assists with repair & preventive maint., facility maint, electrical exp. a plus. Great benefits. EOE. Respond via e-mail jobs@metalfx.com or send resume to METALfx 300 E. Hill Rd. Willits, CA 95490

MECHANICS: Up to $20,000 bonus. Keep the Army National Guard Rolling. Fix Humvees, Strykers, etc. Expand your skils through career training. Be a Soldier. 1-800-GO-GUARD. com/mechanic

Medical Assistant
Busy health center seeking med. assist. to work in primary care setting. Cert. MA pref. Salary DOE. Full benefits. Application at 50 Branscomb Rd., Layt. or visit www.longvalley.org Call 984-6137 x 146 for details. Deadline 5 pm 9-28-07. E.O.E.

Medical practice
patient care coordinator needed full time. Medical exp. & medical terminology highly desired. Pay DOE. Excel. benefits. Fax resume 707-462-4647 or call Lynn 462-3190

MOUNTAIN VIEW ASSISTED LIVING (senior housing)
NOW HIRING!!!
✔MAINTENANCE
✔CAREGIVERS
✔MED PASSERS
✔COOK P/T
ALL SHIFTS
Drug test & background check req- uired. Wage DOE
Apply at 1343 S. Dora St. Ukiah

Mechanic Position
Diesel eng. exp. req'd. Welding exp. pref. F/T + benef. Job description & application avail. at 351 Franklin Ave. Willits Or call 707-459-4845

NEW EXCITING POSITION WORKING WITH KIDS
6 wks pd vacation
403 B. Small homelike environment, good pay & bens. Starting sal $11.76+ hr. On the job training prov. Flex. F/T, P/T pos. avail.Fax resume to 463-6957

NOW HIRING
Eve. positions. 18+ yrs. Apply in person
Round Table Pizza
Mon.-Fri. 1-4

PART -TIME PARALEGAL/legal Assistant with 5+ years experience in civil, probate, and criminal law needed for growing law firm in Ukiah. Excellent communication skills and team identity needed. Must be able to work independently and have a strong knowledge of court rules and procedures. Skills needed include trial preparation, deposition preparation, discovery, subpoenas and responses, document preparation and organization, creating binders, indexing, data entry, filing and general administrative support. Send reply to box 04043, c/o Ukiah Daily Journal, P.O. Box 749, Ukiah, CA 95482-0749.

Part time LVN
Tired of high case loads? Provide support to 6 adults with Devel. Disabilities in their home and supervise staff. Office 485-5168 Cell 489-0022

People to work with developmentally disabled adults one on one in their own home. All Shifts available. **Call Cindy 468-9331**

PHARMACY CLERK/ TYPIST in training. Computer, typing, MATH, people skills, P/T 9-1, or 4-8, or F/T. Sal. DOE, drug test. **BLUE DRUG DO NOT** come to pharmacy. Call **707-468-5220**

LIVE IN AID. Light housekeeping, cooking, and general care for ambulatory elderly lady. Private room and bath. Must have clean DMV and pass physical and drug screen upon job offer. Salary negotiable. Send reply to box 02086, c/o Ukiah Daily Journal, P.O. Box 749, Ukiah, CA 95482-0749.

Red Fox Casino
NOW HIRING
- Auditor - P/T
- Kitchen
- Tech
- Security,
- Cashiers
- 2 Floor Managers
- Exp. promotions & marketing person.

Friendly attitude helpful. Willing to train. 984-6800 or come in for application. 200 Cahto Dr. Laytonville
●●●●●●●●
Now offering employee insurance after 90 days.

RN/LVN, F/T Days and PM shifts. Apply in person 1162 S. Dora. Hire on bonus. See Deana

Schat's Bakery
COOK
Exp. pref. but not nec.
Apply within at 113 W. Perkins ask Lisa or Francisco

Route Driver (in our van) M/F 8:30-5:30. $9.25 hr.+med. Raise 90 days. 984-8166

Security Guard/ Events Staff
$7.50 hr. DOE 463-1733

SECURITY PROFESSIONALS
$11 per hour to start!
Mon – Fri schedule
Paid Holidays!

Requires previous security experience and clean DMV and criminal background record. Must have excellent communication skills. Guard Card preferred. No Guard Card? We provide Free Guard Card training. Law enforcement, military 832PC a plus! Call 707.256.4324 to schedule an interview or email resume to: rclayton@ universalpro.com PPO License #14417. EOE

Universal Protection Service

SERVICE STATION
Attendant - PT
PU application at 8551 East Rd. R.V.

Sherwood Oaks Long Term Care Facility
is currently hiring for the following management and staff positions:
•MDs/Resident Assessment Coordinator, RN
•Director of Staff Development LVN or RN
•RN/LVN charge nurses
•Certified Nursing Assistants
Come join our great team on the coast! Call Kim Butler at (707) 964-6333 or pick up application at 130 Dana St., Fort Bragg CA

SPONSORED CDL TRAINING. No Experience Needed! Earn $40k-$75K in your new career! Stevens Transport will sponsor the total cost of your CDL training! Excellent Benefits & 401K! No Money Down! No Credit Checks! EOE. Call Now! 1-800-333-8595, 1-800-358-9512. www.BecomeADriver.com

Tasting Rm./Admin.
Nelson Winery
F/T & P/T.
462-3755

TELEPHONE CLOSER - You can earn $1000 to $3000 a day. For pros only. 1-845-350-4058

TLC Child & Family Services
seeks 2 additional homes for Shelter Care program
Applicants need to have at least 1 spare bdrm to house a child for up to 30 days. Guaranteed monthly allotment. Generous increase upon placement. Income tax-exempt. Exp. with children req. Parents will receive training, + Social Worker, in-home support & respite. Need 1 or 2-parent homes, with 1 parent home full time. Home with no more than 1 biological child considered. Retirees invited to apply. **Contact TLC 707-463-1100 Lic#236800809**

TRINITY YOUTH SERVICES
Child Care
Swing & graveyard shifts available. Starting $9.40 per hr. On call $9 per hr. Qualif. 21 years old, Med. & drug exam, T.B. test, criminal background check. Great benefit pkg.
Apply 915 W. Church St. Ukiah 95482

NOC-Shift Caregiver
10:00pm-6:00 am. Wages negotiable.
1343 S. Dora St. 462-6212

UKIAH & LKPT. print & copy centers needed **EXPERIENCED.** Cust serv & sales reps, digital press/ copy mach. & bindery oper's. F/T perm. $10+ DOE. 759 S. State, fax 468-5763

Ukiah 5 attorney law firm seeks billing clerk. Some secretarial & recept. support. Bookkeeping, admin exp. req. Sal. neg.
Send resume CVM PO Box 1709 Ukiah 95482 or fax to 707-462-7839

Ukiah Daily Journal
590 S. School St.
P/T Customer Service Rep.
Must have clean DMV. Apply in person Circulation Dept.

YOUTH WORKER/ SR YOUTH WORKER: Willits. Provide crisis counseling, school based activities, referrals, parent education/ support. Work closely with schools. 35 hrs/wk. Benefited. Job description/applicatio n: Mendocino County Youth Project, 463-4915

140 CHILD CARE

Teddy Bear Daycare
381 Sherry Drive Ukiah. LIC#3588
www.teddybear daycare.biz Teddy Bear Daycare is run w/ love, over 22+ yrs. Exp. by Naomi Migliacci, Debbie Fuchs. Formerly Debbie's daycare. Toddler , pre-K prog. w/ babysign lang. Song ABCs & 123s. Reading crafts and intro to comp. Outside ACT, incl. playgnd, bikes, sports & more. 462-4571. Openings 2 FT, 1 MWF.

YOU'RE IN LUCK. We have two F/T openings. 17 yrs of exp. Quality childcare w/ education, fun & healthy meals. Great Rdwd Vly location. Our parents say commute is well worth it. Call Rebecca at 485-2401. License # 23-2274.

200 SERVICES OFFERED

EXPERT CARPENTRY, Reasonable rates 468-5937

Gardening cleanup, pruning, & consulting. Jen 485-5363. Salt Hollow Flower Farm

205 FINANCIAL SERVICES

BEHIND ON YOUR LOAN? We can sell your home even if you owe more than the property is worth. 1-800-562-0675

ERASE BAD CREDIT. See dramatic change within 2 months. 100% Money Back Guarantee. Call 1-866-916-8449 ext. 515 for a free consultation.

SUPER LOW JUMBO RATE. You need it/We've got it. Secure it now - It's Fixed! *Limited Time Offer* 1-877-647-7700. www.NPC4 Money.com National Pacific Capital, Inc. DRE#01524177

210 BUSINESS OPPORT.

#1 CA VIDEO GAME Franchise, high profit potential, Sell new and used video games & Xbox, Nintendo, Playstation. www.PlyNtrade.com: or call 1-888-683-0076.

ALL CASH CANDY Route. "Be Your Own Boss." 30 Machines and Candy for $9,995. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405

DO YOU OWN A SMALL BUSINESS
Are you starting a small business
Are you looking for financing
Is your credit kind of bad
1-877-923-7899

250 BUSINESS RENTALS

Dix. office - 2 rm ste. Prvt ent. Grt. loc & shad prk. **272-8605**

OFFICE SPACE
206 Mason St. available
462-6377

OFFICE SPACE.
202 W. Perkins. $330/mo.
272-7388

Warehouse S. Ukiah
1250 sq', lg. fenced yard, with office, 220V, clean. No automotive. $650 + Sec. 462-8273

300 APARTMENTS UNFURNISHED

1&2bd Apts. available on 351 N. Main $800/$875/mo, no pets. **462-4759**

2bdrm 2 ba. townhouse, indoor laundry & garage. **$850/mo.** 489-1812

LEE KRAEMER PROPERTY MGMT
Spacious 1bd1ba. $750.
POOL, LAUNDRY, CARPORTS
No Section 8.
463-2134

Lg. Upper 2 Bd. Cln, quiet,165 Oak Manor Ct. Sec. 8 OK, N/S/P. **$775+dep.** 462-2234

NEWER 2 BEDROOM. DW\Garage+pool $850 mo. 463-2325

PARK PLACE
1 bd. $750-$775
2 bdr. $850 TH $950.
Pool/garg. 462-5009

SPACIOUS
2bd1ba. No pets, water, garbage paid. 462-8600

Spacious 2bd. Pool. H20, trash pd. $825. Also 1bd. $700. Ht. AC Pd. N/P. 462-6075

Studio cottage
$695/mo. All utils pd. 1st & dep. 4 blocks. from dntwn. **272-5306**

330 HOMES FOR RENT

1bdrm 1bth, cust. remodel, sm office, No S/P. $1200. Nice yd. Rdwd Vly. **485-0104**

2bd. 1ba. Near golf course. $1250.No Smoke, drugs, pets. 462-7615 367-4373

2bd1ba. Dwntwn. Ukiah. Newly remod. $1200/mo. N/S N/D. Pets Neg. 291-6814

3bdrm. 2 ba. Completely remodeled house in Ukiah. Crown molding, wood floors, fireplace, central heat & air, big yard, garage.No smoking.Available 9/29. **$1550/mo. + sec. dep.** 468-5770

3BD/1BA on Orchard Ave. $1250/mo. $2000 sec. dep. 463-0354 7am-9pm only

3bdrm 2bth, like new on 1 ac. fenced. $1400 + sec. dep. Rdwd Vly. 485-8462

3bdrm.2ba. Only $566/mo. 5% down. 20 yrs. @ 8%apr. For listings 800-749-7901 ext. S622

3bdrm.2ba. Only $566/mo. 5% down. 20 yrs. @ 8%apr. For listings 800-749-7901 ext. S622

4bd/3ba. 2 story, View $2200 Newer home. 491 Kenwood Dr. 480-0615

Calpella - Two 2bdrm $800, One 1bdrm $650. No pets. Credit report & score a must. Close to Elementary school. **485-0841**

House for rent: 3bd 2ba. 1750 sq. ft. Sml. dog. No S/D. $1600/mo. $500 cleaning. $2000 sec. dep. Calpella 272-0078

WestSide-2 Homes
#1-Carriage House Beautifully restored. Myriad upgrades.
#2-Upscale Beauty Bdrm. suite/2 bth
Both: Quiet, Grges Pristine & Spacious No Pts/Sm 468-9003

380 WANTED TO SHARE RENT

$475/mo. furnished room, kitch. privileges. No S/P/D, sec. dep. 468-5556

440 FURNITURE

Brand new love seat. Taupe. Canvas with extra pillows. $125. Ukiah westside. 467-0828

Futon & mattress $100, dresser $50, microwave $20, kitchen table $80. All less than 4 months old. Call Jenny (708) 334-1912.

Lazyboy loveseat tan w/hidabed ex. cond 300.00 (cost 750.00) 463-2047

Sofa & Love Seat. Beige tone. Good condition. Reversible back cushions w/ pillows. $400 obo. 485-5389

460 APPLIANCES

USED APPLIANCES & FURNITURE. Guaranteed. 485-1216

480 MISC. FOR SALE

ALL STEEL BUILDINGS. National Manufacturer. 40x60' to 100x250'. Factory direct contractor or customer. 1-800-658-2885 www.RigidBuilding.com

Bernina Artista sewing & embroidery machine. Premo cond. Extras. $2200. Spark stove $1300. 467-9281

Cert. organic top soil. $7 yard. **Cert**. organic canning tomatoes. $1 lb. 485-0487

FIREWOOD FOR SALE
Madrone wholesale.
707-354-4394

Hot Tub '07 Deluxe Model. Many jets. Therapy seat. Warranty. Never used. Can deliver. Worth $5700. **Sell $1950** with new cover. 707-766-8622

SAWMILLS FROM ONLY $2,990-Convert your Logs into Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. www.NorwoodIndustries.com-Free Information: 1-800-578-1363x500-A.

STEEL BUILDINGS: Hot Deals for Best buy now. Beat price increase. Erection available. Quality not compromised. www.SCG-Grp.com Source #COOS. 1-888-898-3091

500 PETS & SUPPLIES

3.5 mo. old male brindle Pitbull $25. Had Shots. 485-0856

EXTRA LG TRAVEL Kennel, Igloo & kennel, like new. $350 for all. 964-1547

GOLDEN RETRIEVER PUPPIES $300ea. Own both parents. Willits 406-270-7225

MCNAB/RAT TERRIER
1m 1yr old, Free 462-1652

Pitbull Puppies
Multi-colored. Born Aug. 4th. $75 ea. 485-0991

510 LIVESTOCK

Award winning 4-H Hogs, 300 lbs, $600 OBO Eager to sell 707-972-2230, Evenings 707-463-1362

Dairy quality **alfalfa** $13 bale. Local Delv. **Weaner pigs.** $60ea Ready 10/10. 485-0487

520 FARM EQUIPMENT

Wanted: Used Tropic Breeze Ground Allard wind machines. **559-592-5134**

590 GARAGE SALES

FREE GARAGE SALE SIGNS. Realty World Selzer Realty. 350 E. Gobbi

610 REC VEH CAMPING

32' Trailer Amate '79 $1000 obo 209-463-5670 or 972-7984

650 4X4'S FOR SALE

CHEVY SILVERADO 99 extended cab 4x4 all leather Z71, winch, chrome brush bars $10,500 459-4686

680 CARS FOR SALE

DONATE VEHICLE, running or not accepted! Free Towing. Tax Deductible. Noahs Arc - Support No Kill Shelters, Animal Rights, Research to Advance Veterinary Treatments/Cures. 1-866-912-GIVE.

DONATE YOUR CAR: Children's Cancer Fund! help Save A Child's Life Through Research & Support! It's Fast, Easy & Tax Deductible. Please Call Today 1-800-252-0615

720 MOBILES FOR SALE

All age park. 2bd2ba. Kitchen to die for. 1248 sf. **$79,900.** Call **Joan Dooley** Agent 272-4494.

BRAND NEW MANUFACTURED Homes and Mobile Homes with warranty for $18,900. Information, Floor Plans, and photos online at www.FactoryExpoHomes.com

FREE STEAK DINNER
If you find better financing our home/your land. LUV Homes Santa Rosa. 707-588-2725

Lot Model Blowout Sale!
3 homes to choose from. We finance. 459-9588 Top of the grade Willits.

Studios

$685	In town, utilities included, 6 month lease
$775	Country setting, private location, clean

Apartments

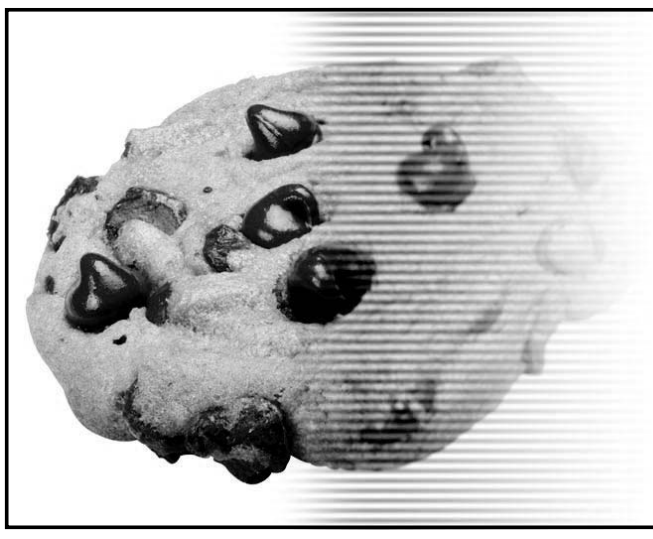
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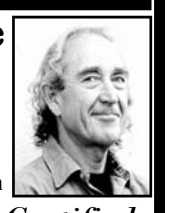
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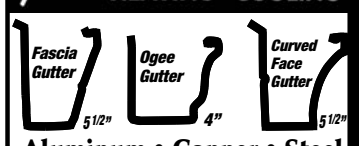
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All licensed contractors are required by State Law to list their license number in advertisements offering their services. The law also states contractors performing work of improvements totaling $500 or more must be licensed by the State of California.

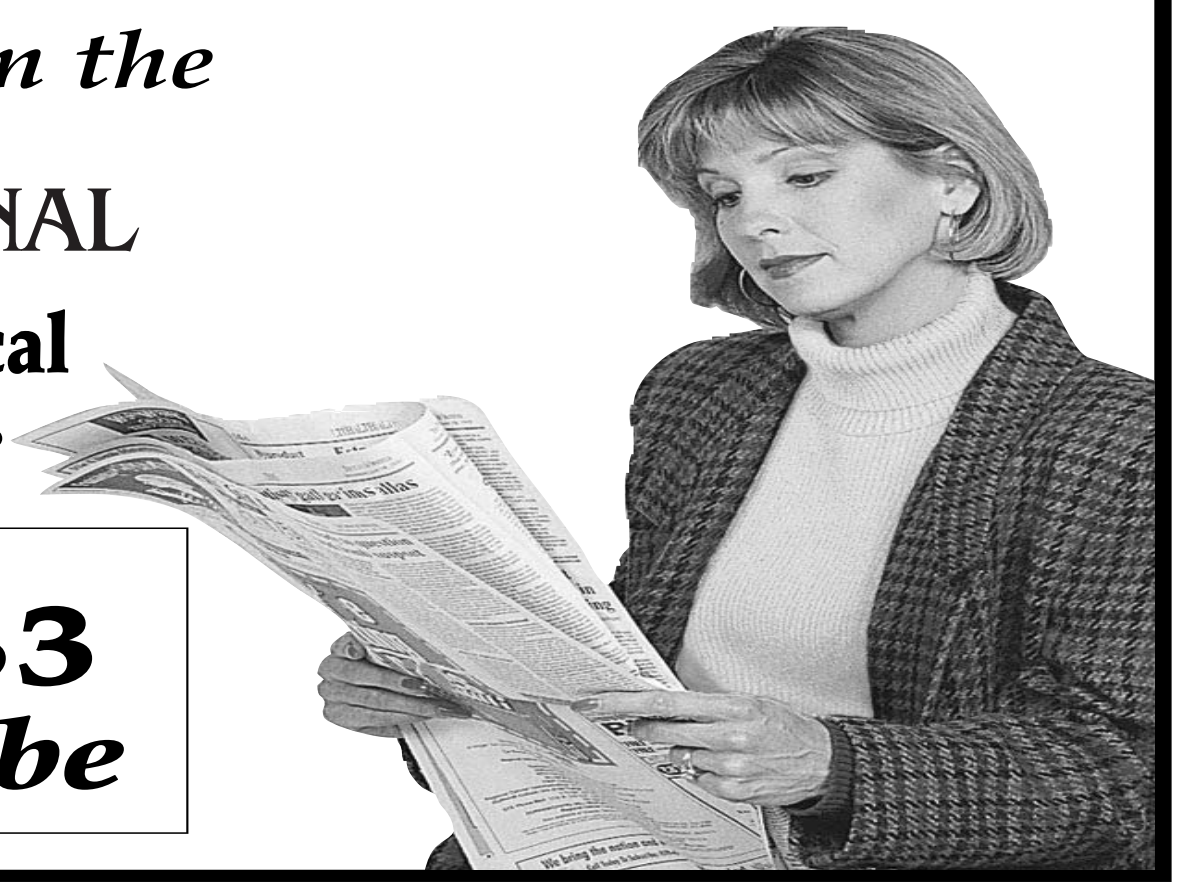
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3-DAY FORECAST

TODAY

89

Plenty of sunshine

TONIGHT

46

A moonlit sky

WEDNESDAY

90

47

Very warm with plenty of sunshine

THURSDAY

83

47

Sunny much of the time

SUN AND MOON

Sunrise today ..... 7:03 a.m.
Sunset tonight ..... 7:06 p.m.
Moonrise today ..... 6:30 p.m.
Moonset today ..... 5:37 a.m.

MOON PHASES

Full	Last	New	First
Sept. 26	Oct. 3	Oct. 10	Oct. 19

ALMANAC

Ukiah through 2 p.m. Monday

Temperature

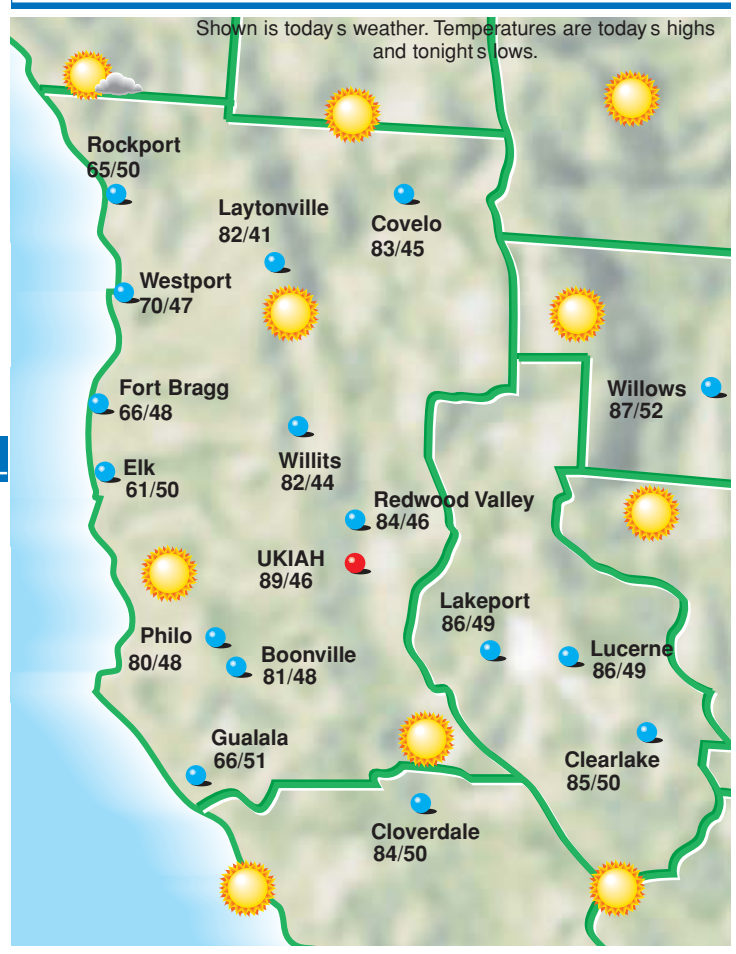
High	79	
Low	44	
Normal high	84	
Normal low	50	
Record high	106	in 1964
Record low	36	in 1958

Precipitation

24 hrs to 2 p.m. Mon.	0.00"
Month to date	0.06"
Normal month to date	0.49"
Season to date	0.18"
Last season to date	0.00"
Normal season to date	0.68"

Forecasts and graphics provided by **AccuWeather, Inc.** 2007

REGIONAL WEATHER



CALIFORNIA CITIES

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Anaheim	83/58/s	84/59/s	Napa	84/51/s	86/45/s
Antioch	85/55/s	87/52/s	Needles	93/65/s	97/64/s
Arroyo Grande	78/50/s	80/47/s	Oakland	78/50/s	80/52/s
Atascadero	84/48/s	86/48/s	Ontario	86/56/s	90/56/s
Auburn	84/56/s	87/61/s	Orange	84/58/s	84/52/s
Barstow	88/56/s	91/58/s	Oxnard	72/55/s	73/56/s
Big Sur	77/51/s	80/53/s	Palm Springs	95/66/s	98/68/s
Bishop	80/41/s	83/41/s	Pasadena	85/58/s	86/61/s
Blythe	95/64/s	96/63/s	Pomona	86/57/s	87/50/s
Burbank	85/56/s	88/60/s	Potter Valley	84/47/s	87/46/s
California City	83/54/s	89/60/s	Redding	87/50/s	89/47/s
Carpinteria	69/56/s	70/54/s	Riverside	87/52/s	90/54/s
Catalina	72/59/s	71/58/s	Sacramento	87/52/s	88/51/s
Chico	87/56/s	89/52/s	Salinas	80/49/s	79/51/s
Crescent City	59/47/s	59/47/s	San Bernardino	88/55/s	89/54/s
Death Valley	98/67/s	105/63/s	San Diego	74/62/s	76/63/s
Downey	85/60/s	85/60/s	San Fernando	84/58/s	85/57/s
Encinitas	78/58/s	78/58/s	San Francisco	78/55/s	80/55/s
Escondido	84/56/s	84/55/s	San Jose	86/55/s	88/57/s
Eureka	65/44/s	65/44/s	San Luis Obispo	82/49/s	81/51/s
Fort Bragg	66/48/s	67/47/s	San Rafael	70/53/s	71/49/s
Fresno	85/58/s	89/60/s	Santa Ana	77/60/s	78/60/s
Gilroy	82/52/s	83/52/s	Santa Barbara	71/51/s	72/53/s
Indio	95/62/s	98/60/s	Santa Cruz	77/51/s	78/54/s
Irvine	77/60/s	78/60/s	Santa Monica	76/57/s	78/59/s
Hollywood	87/58/s	87/61/s	Santa Rosa	82/50/s	84/50/s
Lake Arrowhead	77/45/s	81/39/s	S. Lake Tahoe	65/26/s	70/29/s
Lodi	87/55/s	90/52/s	Stockton	87/49/s	91/51/s
Lompoc	75/50/s	74/55/s	Tahoe Valley	65/26/s	70/29/s
Long Beach	81/59/s	83/59/s	Torrance	81/59/s	81/61/s
Los Angeles	82/60/s	84/60/s	Vacaville	87/51/s	88/52/s
Mammoth	64/36/s	66/30/s	Vallejo	72/53/s	73/47/s
Marysville	86/53/s	89/49/s	Van Nuys	89/56/s	89/57/s
Modesto	85/52/s	88/53/s	Visalia	85/52/s	88/52/s
Monrovia	85/59/s	86/59/s	Willits	82/44/s	84/44/s
Monterey	73/52/s	73/52/s	Yosemite Valley	79/41/s	82/41/s
Morro Bay	73/53/s	72/52/s	Yreka	76/36/s	84/37/s

Weather (W): **s**-sunny, **pc**-partly cloudy, **c**-cloudy, **sh**-showers, **t**-thunderstorms, **r**-rain, **sf**-snow flurries, **sn**-snow, **i**-ice.

Lake Mendocino – Lake level: 722.25 feet; Storage: 44, 619 acre-feet (Maximum storage 122,500 acre-feet) Inflow/Outflow: not reported
Air quality – Ozone: .043 ppm (State standard .090 ppm) Carbon monoxide: .50 ppm (20.0 ppm) Nitrogen dioxide: .010 ppm (.25 ppm)

Water future subject of talk

The Daily Journal

After a summer of talks, discussions and notices about the conservation and runoff of water in the county, the Greater Ukiah Localization Project and the Ukiah Permaculture Guild will be playing host to a talk from permaculture educator and innovative design consultant Brock Dolman, appropriately titled "Thinking like a watershed." The event is scheduled to begin at 7 p.m. Wednesday Oct. 2 in the Washington Mutual Community Room in Ukiah.

This event is open to the public and GULP Member Cliff Paulin said Dolman will be presenting information county residents may find useful with the General Plan up for discussion at the Mendocino County Board of Supervisors this week.

"We're excited because the water institute and Brock in particular have been leading proponents for the wise use of water in Sonoma County," Paulin said. "They were instrumental in crafting a water element in the Sonoma County general plan, and given that were doing a general plan update, it's very timely to have this information brought up. Water is a key development issue in our valley, and having a better understanding will guide us toward better land-use decisions."

Dolman is the director of the Occidental Arts and Ecology Center Watershed Advocacy Training Education and Research (WATER) Institute. His presentation will feature information to aid participants in restoring the connection to the web of watershed dynamics, while promoting and fostering a healthy stream system for ecological integrity and social resiliency.

Dolman works for the Occidental Arts and Ecology Center (OAEC) in Occidental, east of Sebastopol. Dolman has worked in the fields of horticulture, biology and landscape design and installation for more than 20 years. He is also a co-founder of both the Sowing Circle LLC intentional community and the Occidental Arts and Ecology Center. While watershed is a main focus of Dolman's presentation, Paulin said it also ties in to the bigger picture of water-use policy.

"People will come away with a better understanding of watershed hydrology and how water availability guides policy," Paulin said.

The OAEC opened in 1994 and is a nonprofit organizing and education center and organic farm. Originally founded by a group of biologists, horticulturists, educators, activists and artists, who, according to the OAEC Web site, "were seeking innovative and practical approaches to the pressing environmental and economic crises of the time." The Center is located in western Sonoma County on 80 acres of land including wildlands of meadows and mixed oak, fir and redwood forests.

The meeting is expected to begin at 7:00 p.m. Wednesday night in The Washington Mutual Community Room. The Community Room is located at the corner of South State and Gobbi streets in Ukiah.

The event is sponsored by GULP and the Ukiah Permaculture Guild. For more information contact Cliff Paulin at 463-0413.

Donations will be taken on a sliding scale.

Zack Sampsel can be reached at udjzs@pacific.net.

Skatepark

Continued from Page 1

gave their first names, and who came to the podium and asked the board to approve a park, earning thunderous applause. They all said they were drug free and promised to help take care of the park.

Jasper Henderson, editor of the school newspaper, The Howl, described a dangerous close call involving a skateboard enthusiast forced to skate close to the street.

"They are always at risk of bodily harm for doing what they love." Henderson said the visibility of the park is a positive. Because it is so visible, school administrators could easily see any truants, he said, adding ,"We can use this over $100,000 to benefit our youth, who have been hauling their rails out onto the sidewalk, that's a pretty desperate scene . Let's do it."

Fort Bragg City Councilman Dave Turner said if the schools could do this safely, they should.

"We need to do this," Turner said. "We are not Santa Rosa. We are doing things to make sure we don't have the problems Santa Rosa does. This is part of it."

Neighbors also opposed the location, but the crowd clearly favored action to approve the park, based on the applause and on signs held by youths.

Mayor Doug Hammerstrom said the city wasn't trying to pressure the school district into a quick decision but asked the board to consider the entire dialogue that has gone on.

A decision about the location of the planned skate park had to be made quickly because about $200,000 in Community Development Block Grant moneys were found to be available last month to construct a temporary skatepark. But the application for the money had to be made right away.

City officials initially warned that a delay in the location decision might mean losing funding but the Fort Bragg City Council's later decision to offer up Bainbridge Park seems to have restored the momentum.

Visit our web site at ukiahdailyjournal.com

Bill

Continued from Page 1

stand against terrorism by exerting the financial influence of the nation's two largest public pension funds - the California Public Employees' Retirement System and the California State Teachers' Retirement System.

"California has a long history of leadership and doing what's right with our investment portfolio," Schwarzenegger said in a written statement. "Last year, I was proud to sign legislation to divest from the Sudan to take a powerful stand against genocide. I look forward to signing legislation to divest from Iran to take an equally powerful stand against terrorism."

Schwarzenegger was in New York on Monday speaking to the United Nations about global warming. Coincidentally, Iranian President Mahmoud Ahmadinejad is also in New York this week to address the U.N.

The funds' boards fear the bill could prevent them from making the best investments in the financial interest of state employees and government agencies.

CalPERS spokesman Clark McKinley added the agency believes it can be more effective in convincing corporations to change their policies by exerting influence as a major stockholder, rather than giving up that leverage by divesting from those companies.

"We prefer engagement over divestment," McKinley said. "We engage with companies to get them to change their practices. Once we sell our stock, we no longer have leverage with the company, so we've lost our voice essentially."

The divestments could potentially lower the state's long-term return on investment in its pension funds, meaning state taxpayers might have to contribute more through the state general fund, according to analyses by staff. If the bill had been in place over the last five years, Cal PERS estimates it would have reduced investment returns by at least $725 million.

In the past, state pension funds have been required to divest from South Africa in the 1980s; and the Sudan in a bill that took effect this year.

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